



# THE TALON

September 2010

Official Publication of the Eagle Springs Community Association

Volume 2, Issue 9

## EAGLE SPRINGS

### *Neighborhood Night Out*



**SATURDAY - OCTOBER 2, 2010**  
**COMMUNITY-WIDE EVENT**  
**2PM - 4PM**  
**SPORTS COMPLEX**

#### **FOLLOWED BY:**

Individual BBQ's, Block Parties and Gatherings  
throughout the Streets and Neighborhoods of Eagle Springs  
**6 p.m. to 9 p.m.**

Drag out the lawn chairs, Gather your neighbors and  
Join the rest of Eagle Springs in Celebrating  
National Night Out!

**Don't Forget to Register Your Street**  
**to be Eligible for Incentives & Prizes!!**

#### **LOG ON TO:**

***[www.INSIDEeagleSprings.com](http://www.INSIDEeagleSprings.com)***  
(Click on the link at the top of the homepage)

#### **OR**

***[www.SafetyAdvisoryCommittee.com/NNO](http://www.SafetyAdvisoryCommittee.com/NNO)***  
While you're there, be sure to take a Sneak Peek  
at all the fun we have planned!  
It's THAT easy!

## THIS MONTH'S

### *Neighborhood Spotlight*

IS ON...



To read more about this neighborhood  
and what these neighbors are up to please see page 4.

## *Back to School*

### **REMINDER**

Our Children are Back in School!

Please drive cautiously and  
remember it's against the law  
to text, talk or use cell phones  
in a school zone!



**COMMUNITY CALENDAR**  
**INSIDE THIS ISSUE.**

## COMMUNITY CONTACT INFORMATION

### EAGLE SPRINGS COMMUNITY ASSOCIATION

C.I.A. Services, Inc. (Management Co.)..... 281-852-1700  
Community Manager.....ESCA@ciaservices.com  
Board of Directors..... AsktheBoard@InsideEagleSprings.com  
Activities ..... Hollis.Whiteside@InsideEagleSprings.com  
Website Coordinator ..... Help@InsideEagleSprings.com  
Clubhouse Rental..... Chavera@ciaservices.com  
Newsletter ..... ESNewsletter@InsideEaglesprings.com

### EAGLE SPRINGS COMMITTEES

Landscape ... Landscape.Committee@InsideEagleSprings.com  
Pool..... Pool.Committee@InsideEagleSprings.com  
Safety Advisory..... SAC@SafetyAdvisoryCommittee.com  
*Neighborhood Watch*.... NW@SafetyAdvisoryCommittee.com  
Sports Field ..... SportsFieldCommittee@gmail.com

### EMERGENCY INFORMATION

**Fire, Medical or Life Threatening Emergency** ..... 9-1-1  
Harris County P-4 Constable Dispatch ..... 281-376-3472  
Humble ISD Police (Schools)..... 281-641-7900  
Atascocita Volunteer Fire Dept (AVFD)  
*Non-Emergency Number* ..... 281-852-2181  
Harris County Animal Control ..... 281-999-3191  
Texas Poison Control Center ..... 800-222-1222

### UTILITIES

Electric, (multiple providers) ..... www.powertochoose.org  
*Power Outages* ..... 713-207-7777  
*Street Light Outages* ..... 713-207-2222  
Gas, Centerpoint Energy..... 713-659-2111  
*Gas Leaks* ..... 713-659-2111  
Water, Severn Trent ..... 281-579-4500  
*24 Hour Emergency Number* ..... 281-209-2100  
Telephone, Centurylink..... 877-290-5458  
Trash, Best Trash ..... 281-313-2378  
Recycling, Residential Recycling of Texas ..... 866-516-9805  
Humble Post Office..... 281-540-1775

### SCHOOLS

Humble ISD ..... 281-641-1000  
*Website* ..... www.humble.k12.tx.us  
Eagle Springs Elementary ..... 281-641-3100  
Atascocita Springs Elementary..... 281-641-1000  
Timberwood Middle School..... 281-641-3803  
Atascocita High School ..... 281-641-7500

### NEWSLETTER PUBLISHER

Peel, Inc. .... 888-687-6444  
Advertising..... advertising@PEELinc.com

## COMMUNITY CALENDAR

### SEPTEMBER EVENTS

- 6 - **Labor Day Holiday!**  
\*Both Pools Open\*
- 9 - **Cub Scout Rally – ESE & ASE\***  
7:00 p.m./Both Elementary Schools
- 15 - **Landscaping Committee Meeting**  
7:00 – 8:30 p.m. /Clubhouse
- 18 - **Community Garage Sale\***  
8:00 a.m. – Noon/Throughout ES
- 18 - **Scrapbooking Club**  
3:00 – 10:30 p.m./Clubhouse
- 20 - **Sports Field Committee Meeting**  
7:00 p.m. /Clubhouse
- 21 - **Pool Committee Meeting**  
7:00 – 8:30 p.m./Clubhouse
- 23 - **Safety Advisory Committee Meeting**  
7:00 – 8:30 p.m./Clubhouse
- 27 - **Both Pools Closed for Season**

### OCTOBER EVENTS

- 2 - **ES National Night Out Event!**  
2:00 – 4:00 p.m. /Sports Complex
- 2 - **ES Neighborhood Block Parties\***  
6:00 - 9:00 p.m. / Throughout ES
- 11-13 - **R.A.D. Classes\***  
6:30 – 9:30 p.m./Clubhouse
- 16 - **ES Fall Festival Event\***  
3:00 - 6:00 p.m. /Sports Complex
- 18 - **Sports Field Committee Elections\***  
7:00 – 8:30 p.m. /Clubhouse
- 21 - **Pool Committee Elections\***  
7:00 – 8:30 p.m./Clubhouse
- 27 - **Landscape Committee\***  
7:00 – 8:30/Clubhouse
- 28 - **Safety Advisory Committee Elections\***  
7:00 – 8:30 p.m./Clubhouse
- 31 - **Happy Halloween!**  
Please watch out for little Ghosts & Goblins while driving on this frightful night!

**TUESDAYS – Trash & Recycle**

**FRIDAYS – Trash Only**

\*See details inside or online at: [www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)

## NEIGHBORHOOD SPOTLIGHT

Each month we feature a different neighborhood within Eagle Springs. This month the spotlight is on....

### Barton Ridge



Barton Ridge is located at the Southeast corner of Timber Forest and Eagle Springs Parkway. We are a small community within Eagle Springs with a lot of new construction going on. Originally we had Kimball Hills and Beazer as our new home builders. Ashton Woods has recently replaced Kimball Hills as one of the builders in our neighborhood, and they seem to be going full force with several homes under construction.

We still have lots that are completely wooded and plans in the future call for additional streets to be added.

We have our own neighborhood park which is quite wooded as is typical in most of the neighborhoods and villages in Eagle Springs. Our park has a fitness area for doing pull-ups as well as swings for the

smaller kids and benches for the adults to sit on. There is an open area that is good for throwing a baseball, football or Frisbee.

Barton Ridge has a good mix of young couples with infants, toddlers and elementary age children; as well as couples with older teenagers and even a few retirees living here. On any given evening you can see teens or preteens shooting hoops; parents pushing a stroller about; adults walking and jogging in our area; or homeowners just sitting outside relaxing at the end of the day. We recently had our first block party for part of our village and it was a great success with excellent participation, a bounce house, snow cones, cotton candy, and hamburgers & hot dogs for all to partake of. Personally I think it is a great idea to promote community and help with safety in our village and I hope to see more of these in the near future, as well as great participation for National Night Out in October.

My name is Bruce Guillory, and I am the Neighborhood Voting Representative (NVR) for Barton Ridge. A Facebook page is now available for Barton Ridge residents. You can contact me through our Facebook page or via email at: doctor.bruce@comcast.net.

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# EAGLE SPRINGS



## EAGLE SPRINGS FAMILIES

*Join Cub Scouts Now!*



Eagle Springs Cub Scout Pack 926 and Pack 912 invite you to come join in all the fun we are having. Our two Packs cover students in both elementary schools in Eagle Springs. Home schoolers are also welcome! The best part - boys from both schools meet together as one unified group, so your son can still keep up with friends from both elementary schools.

### Why Cub Scouts?

Your son (and your family) will have fun doing all sorts of activities together - that's right together. Cub Scouts is geared to the entire family. It's not just a 'Son and Dad' thing. Moms, sisters and brother's get to participate in many activities too, including campouts.

Activities are geared for each grade level 1st thru 5th grade. Trip destinations include places such as a radio station recording studio, a fire station, museums, historical landmarks, sporting events, and even two or three weekend camping trips during the year. The boys are constantly learning new things, playing games, and most of all having fun.

As a parent you will appreciate seeing your son molded with only the best character traits. Cub Scouts has always been known as a

place where boys learn respect, good morals, good ethics, and how to work as a part of a team. Come see what we do, and who we are, at our website <http://cubscouts.simply-presented.com>

Bring your questions to our Membership Rallies.

**When:** Thursday, September 9th at 7:00 p.m.

**Where:** Eagle Springs Elementary School Cafeteria & Atascocita Springs Elementary School Cafeteria

**Cost:** Two \$50 payments (Sept and Oct) or you can pay the \$100 at the Rally.

No boy will be turned away!

**To Join:** You will need to bring a paper copy of: 1) your Health Insurance Card; & 2) your Texas Driver's license.

### Eagle Springs Elementary Contact:

- Mark Mills, Cub Master, Email: [MrMMills1@yahoo.com](mailto:MrMMills1@yahoo.com); Pack Ph# 832-356-9260, <http://cubscouts.simply-presented.com>

### Atascocita Springs Elementary Contact:

- Terry Vaughn, Cub Master, Email: [tevaughn@comcast.net](mailto:tevaughn@comcast.net); Ph# 281-732-5488



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## EAGLE SPRINGS

### *Annual Elections*

It's almost that time of year again for elections in Eagle Springs!

In October of each year, elections are held for each committee. These two year positions rotate from year to year so that each committee always has a few seasoned members along with a few new ones. These committees each hold an important function within Eagle Springs and act within the Eagle Springs Community Association (ESCA) structure. Each committee is charged with its own set of responsibilities and reports directly to the ESCA Board. To read the mission statements and/or committee charters for any of our committees, please log-on to: [www.insideeaglesprings.com/documents](http://www.insideeaglesprings.com/documents).

In November of each year, elections are held for Neighborhood Voting Representatives (NVR's). NVR's hold one year terms and are elected by the homeowners of each individual "neighborhood" within Eagle Springs. Proxies are mailed out each fall and homeowners have the option of mailing them in with their vote; going to the management company's website and voting online; or attending the annual election meeting to vote in person or add their name or that of another resident to the ballot for consideration. To view the role and responsibility of NVR's in our community, please log-on to: [www.insideeaglesprings.com/HOA](http://www.insideeaglesprings.com/HOA) information.

Looking for a way to be more involved in your community? Consider running for one of the positions above!

## *Eagle Hatchlings*

ALYSSA MARIE JENSEN

*Born: May 28, 2010*

*Proud Parents: Kevin and Sharon Jensen*

*Neighborhood: Barton Ridge*

NEELY SHA SPENCER

*Born: July 21, 2010*

*Proud Parents: Clint and Jennifer Spencer*

*Neighborhood: Sterling Creek*

*Send Information About  
Your New Arrival  
To: [ESNewsletter@  
insideeaglesprings.com](mailto:ESNewsletter@insideeaglesprings.com)*



## Behind the Gates of Princeton Park at Eagle Springs

*you'll feel right at home!*



Princeton Park is a wooded, gated neighborhood within Eagle Springs. Amenities include:

- Energy-efficient and quiet David Weekley Green Homes can save up to 50% in heating and air conditioning usage over a similar home built to 2004 building code standards
- Privacy of a gated community
- Convenient front lawn maintenance included
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- Atascocita Springs Elementary – LEED Certified, CHPS

## Princeton Park at Eagle Springs

*From the \$210s*

For more information, call 281-249-7789  
or visit [www.DavidWeekleyHomes.com](http://www.DavidWeekleyHomes.com)

## David Weekley Homes

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## ◆◆◆◆◆ CONSTABLE'S CORNER ◆◆◆◆◆ Riding Safely Back to School

### LEARNING TO BE TRAFFIC SMART

Children in Kindergarten through third grade are learning to become independent. They enjoy walking, riding bicycles, and playing outside. They don't have the judgment to cope with traffic by themselves yet, but they can begin to understand safety rules.

#### What Parents Need to Know

- Parents often think their children are able to handle traffic safety by themselves before they are ready.
- Most children don't have the skills to handle these risky situations until at least ten.
- Bicycles are vehicles. Children should not ride bicycles on the road until they fully understand traffic rules and show they can follow them.

#### Young Children are not small adults!

- They often act before thinking and may not do what parents or drivers expect.
- They assume that if they see the driver, the driver sees them.
- They can't judge speed and think cars can stop instantly.

- They are shorter than adults and can't see over cars, bushes and other object.

#### WHAT PARENTS CAN DO:

##### Set Limits for Your Child

- As your child grows, set appropriate limits on where they can walk or bike safely. Don't expect them to be responsible or to behave safely until at least age ten.

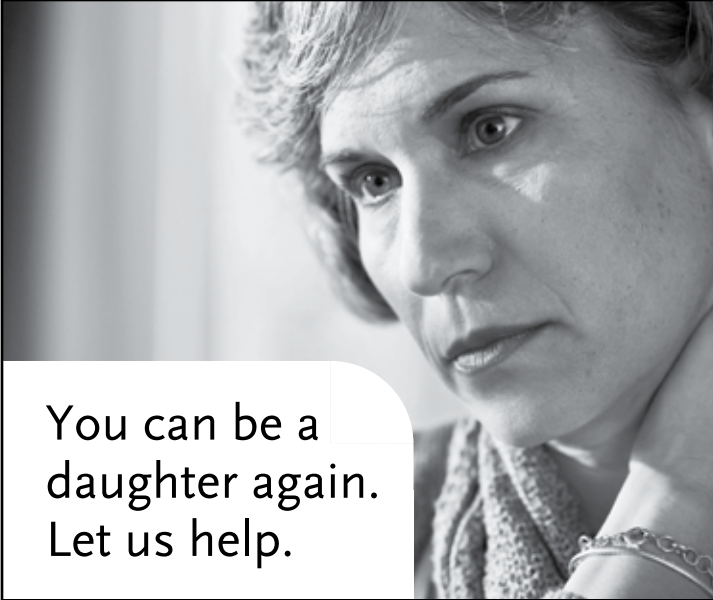
##### Teach Safe Walking Habits

- Teach your child how to cross a street safely by giving them plenty of chances to practice when you are with them.
- Find Safe Places for Riding and Walking
- Find places way from streets, driveways and parking lots. Good choices are fenced yards, parks or playgrounds.

##### Set an Example Yourself

- Young children learn by watching their parents and other adults. Cross streets properly and always wear a helmet when you ride a

*(Continued on Page 7)*



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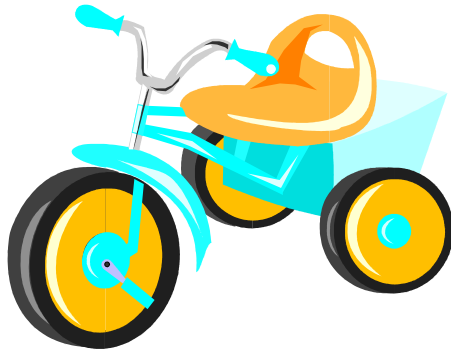
## Constable's Corner - (Continued from Page 6)

bicycle. When you are driving, obey speed limits, wear your safety and watch for children.

### Start Out Safely

Wearing a helmet is the most important way for your child to stay safe. A helmet can reduce the risk of head injury by 85% when worn correctly. Choose a helmet that meets current safety standards.

- Make sure the helmet covers the upper part of the forehead and sits level on the head.
- Use the foam pads inside to fit the helmet snugly so it doesn't slip around.
- Adjust the chin strap tightly enough so the helmet pulls down when the child opens his mouth.



## Upcoming R.A.D. Class!



**Who:** Females 13 & Older  
**Date:** October 11 – 13, 2010  
**Time:** 6:30 to 9:30 p.m.  
**Where:** Eagle Springs Clubhouse  
**Cost:** FREE to ES Residents  
\$15.00 to non-Residents

### Register Online:

[www.SafetyAdvisoryCommittee.com/classes](http://www.SafetyAdvisoryCommittee.com/classes)

**Or:** [www.INSIDEeagleSprings.com/homepage](http://www.INSIDEeagleSprings.com/homepage)

### For more information about this class:

[www.rad-systems.com](http://www.rad-systems.com)

## AS A REMINDER...

There is no longer a representative available on site, at the Clubhouse. If you need assistance with electronic access devices, pool cards, or any other resident/homeowner issues, please contact:  
C.I.A. Services for help at 281-852-1700.



## HAVE YOU HEARD THE EXCITING NEWS?



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## CURFEW REMINDER...

Harris County has curfew laws in place for those under 17. If your child is caught out between 12 a.m. – 6 a.m., this law will be enforced. Your child will be picked up and held until a parent or guardian picks them up.



## ES CRIME STATS

*July 2010*

Burglary of Habitation	0
Burglary of Motor Vehicle	10
Theft from Habitation	0
Theft of Motor Vehicle	0
Theft - Other	1
Robbery	0
Assault	0
Sexual Assault	2
Criminal Michief	4
Disturbance - Family	2
Disturbance - Juvenile	4
Disturbance - Other	15
Alarms	64
Suspicious Vehicles	20
Suspicious Persons	17
Runaways	0
Telephone Harassment	0
Other Calls	391

*A full version of crime statistics for Eagle Springs and the surrounding area can be viewed by logging onto: [www.insideeaglesprings.com](http://www.insideeaglesprings.com) and clicking on Groups; then Safety Advisory Committee.*

## POOL REMINDER!

Once school starts on August 23, pools are open on WEEKENDS ONLY from 9 a.m. to 8 p.m. for everyone; and 8 p.m. to 10 p.m. for Adults Only.

**Note:** The Island Club Pool closes for the season after Labor Day Weekend.

*See You At  
The Pool!*





## YES, IT'S STILL MOSQUITO SEASON!

In fact, the late summer and fall months are typically the height of mosquito season. Mosquitoes thrive in the warm, humid weather we have here in Texas and Harris County alone is home to more than 50 different species of mosquitoes! Most species are just pests that are bothersome and don't seem to go away, however the Culex Mosquito is the most predominate species in our neck of the woods and is also the species that carries the West Nile Virus (WNV) and Saint Louis Encephalitis (SLE), both of which are transmitted to both animals and humans.

ESCA does its part to help by having our community sprayed 2-3 nights a week, depending upon need. The Harris County Public Health & Environmental Services (HCPHES) Mosquito Control encourages homeowners to eliminate mosquito breeding

habitats from their property as well. Please take a few minutes to check around your property to ensure you are not unknowingly contributing to the mosquito population.

- Don't "feed" storm drains; mosquitoes love to breed down there!
- Sweep up grass clippings, leaves and tree limbs and dispose of as soon as possible; don't leave them lying around your yard.
- Remove or empty any containers that can hold water like flower pots, buckets, outdoor toys, etc....
- Change the water in bird baths, pet's water bowl, etc... at least once a week.
- Keep rain gutters free of debris that may hold water or keep them from draining properly.

For more information on how to help protect yourself and your property, please visit: [www.hcphe.org](http://www.hcphe.org)

## UPCOMING COMMUNITY EVENTS

**Fall Garage Sale**  
September 18th

**Neighborhood Night Out**  
October 2nd

**Fall Festival**  
October 16th

**BBQ Cook Off**  
November 6th

**Winter Festival**  
December 4th



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TEAM  
TIARA



Team Tiara, a non-profit foundation dedicated to raising money to fund research and education for breast cancer. Each member of our team is committed to raising \$2300 to walk the Susan G. Komen 3-Day for a Cure. In addition to walking in the 3-Day, we provide direct assistance to men and women whose lives have been touched by breast cancer. To continue our efforts Team Tiara will be hosting Passionately Pink for the Cure, a gala benefiting Team Tiara & Susan G. Komen 3-Day

**Saturday, October 2, 2010**

**6:00 pm**

**Dinner & Auction**

**Wyndehaven Terrace**

**12716 Cutten Rd. • Houston • 77066**

**Tickets \$50/person, \$90/couple**

**TO PURCHASE TICKETS/MORE INFORMATION:**

***www.teamtiara.net/gala***

***Or mail in form***

**PASSIONATELY PINK FOR THE CURE  
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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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Telephone: \_\_\_\_\_

**I WOULD LIKE TO PURCHASE THE  
FOLLOWING:**

\_\_\_\_\_ Individual Ticket / \$50 \_\_\_\_\_ Couple Ticket / \$90

\_\_\_\_\_ Add'l Drink Tickets / \$6

My check for \$\_\_\_\_\_ is enclosed.

***Please make checks payable to Team Tiara.***

**MAIL FORM TO**

Team Tiara • Attn: Gala Committee • P.O. Box 2433  
Cypress, TX 77410-2433

## OUTSTANDING JOB!

Sweetwater Pools takes the job of lifeguarding your community pool very seriously. Our guards go through a demanding pre-season training program to make sure their guard skills are up to our superior standards. This includes certifying each year in American Red Cross lifeguarding, CPR for the professional rescuer, first aid, AED administration and blood borne pathogen prevention. In addition to this training, our guards attend a company orientation and participate in weekly in-service training, where we continue to increase their knowledge and skills as professional guards. The guards are constantly rehearsing their guard skills and solving "what if" problems about how they would handle different emergencies that might happen at their pool. We feel confident that we have some of the best lifeguards in Texas working for us.

We challenge our staff to keep their skills sharp and stay alert in a variety of ways. These include participating in the Texas Open Lifeguard competition, hosted by the Greater Houston area chapter of the Red Cross. We have won the Pool Management division title every year since 1998, and brought home the Pepsi Cup as the overall winner, more than five times. Our guards are also challenged to show their individual skills during performance audits. Audits include an extensive testing of their individual guard knowledge and ability. You might have seen the auditors visit your pool this summer to test the lifeguards on their skills. It can be very interesting to watch the lifeguards perform rescues and most people stop to watch the audits being run, especially when we throw a rubber chicken or a red ball in the pool and the guard performs a 10/20 rescue drill.

In addition to what you see though, is the facility audit which is conducted at the same time. Using a very specific set of criteria, your facility is evaluated for cleanliness and safety compliance from the moment the auditor approaches the front gate all the way through the facility, with stops in the bathrooms, pump room, guard room, storage area, water quality, and even trash cans. The guards and facility are graded on things such as customer service – did your tags get checked and were you asked to sign in before entering the pool? Did the lifeguards greet you and make you feel welcome at your pool? Are the bathrooms clean and smelling fresh? Are the trash cans emptied regularly? Was the deck furniture get set out neatly? Are the umbrellas in place for patrons and lifeguards alike?

These are just some of 100 + standards that your pool was audited on, in order to help Sweetwater Pools ensure you have a clean, welcoming place to swim. It is extremely difficult, almost impossible to score "a perfect audit." This is when all guards are able to perform their skills to perfection and the facility has to be perfect as well. There cannot be a single pine needle in the skimmer baskets, or a paper towel on the floor in the bathroom. Throughout the entire summer Sweetwater Pools has audited our facilities almost 250 times and on Wednesday, August 4th, the Eagle Springs Athletic Club Pool became our 8th pool to achieve this monumental task! This is also one of our busiest pools and it has been an amazing challenge that the staff at the Athletic Club were able to meet! The next time you visit the pool, be sure to take pride that you are enjoying one of the best swimming experiences in the entire city.



# Century 21 Outstanding Homes

18455 W. Lake Houston Pkwy #250  
Humble, TX 77346

281-812-9706 [www.century21outstandinghomes.com](http://www.century21outstandinghomes.com)

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In addition to being represented by the **most recognized brand in real estate and great Century 21 customer service**, you will receive the following benefits when I represent you as a buyer agent or listing agent! **\*Complimentary** session with a **Professional Home Stager** to get your home show ready; **\*professional appointment scheduling** with on-line feedback; **\*electronic lockboxes** which may only be accessed by Licensed Agents, Inspectors, and Appraisers (recording access to your home); **\*Professional photographer**, **\*professional virtual tour**; **\*double sided full-color brochures** placed outside to capture interested buyers, **\*24/7 exposure on 100's of websites** on the internet, and **\*\*\*FREE local move**, call for details.

Giving back to the community is very important to me! I will be training over the next several months preparing to run my first half marathon on January 30, 2011! When you see the Running Realtor (in gold/black) in the neighborhood, give me a honk or shout of encouragement, I'll need it! Additionally, I will be raising funds for SEARCH Homeless Services.

If you'd like to make a donation, visit the website [century21outstandinghomes.com](http://century21outstandinghomes.com) for a link to the donation website for SEARCH. My personal goal is to raise \$2,000 for this worthy cause. When I get 100 people to donate \$25, the goal will be exceeded by \$500. Any amount above or below \$25.00 is greatly appreciated! Thank you in advance for your consideration in this fundraising effort. As we head into the fall season, take a minute to jot down some quick notes about your summer memories. Have a great September!

Your Neighbor, Rebekah Snipp

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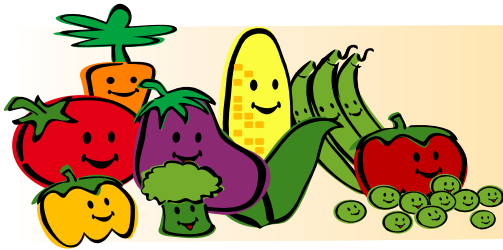
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## PACK A LUNCH

### *With a Lesson in Nutrition*

Parents may urge their children to pack their lunch to lighten their own load during the busy school year but it also helps teach kids important lessons about nutrition and responsibility, said a Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)) expert.

"Allowing children to pack their own lunch provides a great opportunity for children to take on more responsibility as they get older," said Dr. Teresia O'Connor, assistant professor of pediatrics - nutrition at the USDA/ARS Children's Nutrition Research Center (<http://www.bcm.edu/cnrc/>) at BCM and Texas Children's Hospital ([www.texaschildrens.org](http://www.texaschildrens.org)). "It is also a great occasion to talk to your child about a balanced diet and teach about healthy balanced meals."

Parents should offer a little guidance initially, however. Younger children and parents should pack lunches together, and as the child gets older, he or she can take on more of the responsibility. This way, parents can teach their children what constitutes a healthy lunch. Later, parents can check in with them, learn the child's preferences and help

make sure that everything is available from the grocery store.

No matter who packs the school lunch, O'Connor recommends that it include a serving of fruit and a serving of vegetables. Veggies can include carrot sticks, celery or some other cut up vegetable as well as sliced tomato or lettuce on a sandwich. Sandwiches can be made on whole wheat bread to get the whole grains recommended on [Mypyramid.gov](http://Mypyramid.gov), a resource of the USDA ([www.usda.gov](http://www.usda.gov)). Low-fat or skim milk or water makes a great drink option. Fruit is a good way to satisfy a sweet tooth, but a healthy lunch can still include occasional cookies or other sweets, O'Connor said.

"Sweet snacks have a place in a balanced healthy diet but the key is moderation," O'Connor said. "If the child gets a sweet at lunch, give them different choices for their after school snack or after dinner. Think about what the child ate throughout the whole day." The same rules apply if your child decides to buy lunch at school. They should select foods from a variety of food groups, including fruits and vegetables.

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## TIPS FOR TRAVELING WITH OLDER ADULTS

Preparation is key when planning for any type of trip. However, when traveling with older adults, be sure to take extra precautions to ensure safe travels, said an expert at Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)).

"Planning is everything, and one needs to plan for every possible accommodation to an elder's needs," said Dr. Robert Roush, associate professor of medicine-geriatrics (<http://www.bcm.edu/medicine/geriatrics/?pmid=7761>) at the Huffington Center on Aging (<http://www.bcm.edu/hcoa/index.cfm>) at BCM.

The first priority should be medications an elderly traveler may need on the trip, whether prescription or over-the-counter. Be sure that there is enough medication for the length of the trip, and don't pack medications in checked bags, just in case luggage gets lost. If the trip is outside of the country, consider any types of vaccinations recommended by the U.S. Centers for Disease Control and Prevention <http://wwwnc.cdc.gov/travel/content/vaccinations.aspx> well ahead of one's departure, said Roush. Have emergency contact information for English-speaking doctors in the country of destination.

Next, consider how to accommodate an older adult in different modes of transportation. For example, if the trip involves a long car ride, be sure that there are frequent stops for the older adult to stretch and take bathroom breaks. That's good advice for younger

travel companions, too. If traveling on an airplane, book seats that provide additional leg room, and notify the airline in advance if walkers or wheelchairs are needed.

Older adults should take frequent walks in the aisles of the airplane every two to three hours. And for especially long plane trips like those to Australia, the far East, Europe or even Latin America, talk to your doctor to see if you have any risks for DVT, deep vein thrombosis. Usually, taking a full aspirin, walking down the aisle and stretching are sufficient to prevent DVT. On a cruise ship, notify the cruise line about any special needs.

If staying at a hotel, check to see if grab bars are available in the bathrooms, and if there are no elevators, try to book a room on the first floor.

### OTHER GENERAL TIPS FOR TRAVEL INCLUDE:

- Prepare a list of all medications and medical history, including allergies
- Pack comfortable clothing, especially shoes
- Check the weather forecast ahead of time and pack accordingly
- Be aware of time zone changes as that can affect sleep patterns
- Drink plenty of water
- Pace yourself and have fun!

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## HEALTH BRIEFS

### **Five Ways to Ease your Child Back Into School**

Establishing a normal school routine can be hard for children after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at BCM, offers the following tips to make it less stressful for children and parents.

- After staying up late and sleeping in during summer, kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns, especially those changing schools. Do some advance problem solving and planning.
- Get involved with your child's school. Most importantly, get to know your child's teachers. Make a point of meeting them and discussing their expectations. Use the meeting to talk about your child's special needs and goals. Find out about homework and projects. Teachers are more likely to contact parents when they have a good relationship. Also, get to know other parents as a way of sharing responsibilities (like car pooling) and learning about school expectations.
- Talk to your children about what they want to accomplish this school year.

Discuss their academic and social goals, but emphasize balance.

### **Cell Phones Make their Way on to School Shopping Lists**

Cell phones are now common items on back-to-school shopping lists, along with the usual notebooks, backpacks, pens and pencils. Before buying their kids a phone, parents must first make sure they are ready to handle the responsibility, according to Baylor College of Medicine specialists in adolescent behavior.

#### **Some guidelines to follow include:**

- Establish how many minutes a month your child is allowed to talk on the phone - which can be monitored easily by parents
- -Set a phone curfew. Nighttime is when a lot of problems can occur, like arguing with friends over the phone, inappropriate texting or staying on the phone too long.
- Let children know that a phone is a privilege and if they misuse it, the phone will be taken away for a set amount of time.
- Ask older children to contribute whatever they can to the cost of a cell phone. Kids will take more responsibility for their phone if they are helping to pay for it.
- For those adolescents who are ready for a phone, there are many advantages.
- Parents are able to keep tabs on their children, plus youngsters can learn important lessons about handling responsibility and setting limits.



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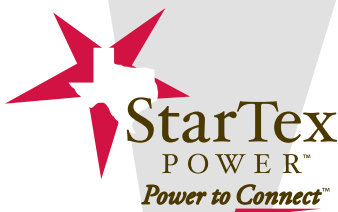


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