



BEE CAVE Messenger

VOLUME II, ISSUE IV APR. 2011

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA

Autism Robs You Of Your Child!

By Connie Ripley

Light It Up Blue in April. April is Autism Awareness Month. Autism Speaks is asking buildings around the world to turn their lights blue and people to wear blue on April 1 & 2.

One out of 110 children is diagnosed with autism (1 out of 70 boys). More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined.

Autism is a complex neurobiological disorder that impacts communication, behavior and social relationships. Currently no effective means to prevent autism, no fully effective treatments and no cure exists for this disorder that robs families and children of smiles, eye contact, communication, hugs and even the ability to eat in a restaurant.

Know the Signs. These “absolute indicators” or “red flags” indicate your child should be evaluated.

- No big smiles or other warm, joyful expressions by 6 months.
- No back-and-forth sharing of sounds, smiles, or other facial expressions by 9 months.
- No babbling by 12 months.
- No back-and-forth gestures, such as pointing, showing, reaching or waving by 12 months.
- No words by 16 months.
- No two-word meaningful phrases (without imitating or repeating) by 24 months.
- Any loss of speech or babbling or social skills at any age.

Does your child make eye contact with you? Does he/she enter into meaningful exchanges? Does he/she “tantrum” in the grocery store or when transitioning from one thing to another? Instead of “racing” toy cars, does your child flip them over and roll the wheels or stack them in a line? If any of these things exist, insist on an immediate evaluation. Early intervention may be your child’s best hope. Since this disease has accelerated so much recently, many pediatricians just do not recognize the signs.

The prevalence of the disorder rose 57% between 2002 and 2005. In 1975, autism effected 1 in 5,000. Today it affects 1 in

110 children. Autism is the fastest-growing serious development disability in the U.S. It costs the nation \$35 billion a year, and that figure is sure to rise.

In order to raise awareness of this escalating disorder, landmarks, iconic buildings, schools, universities, hospitals, airports, businesses and people in Australia, Bahrain, Belgium, Brazil, Canada, Cypress, Denmark, France, Hungary, Ireland, Kenya, Netherlands, New Zealand, Romania, Sri Lanka and the United States from Los Angeles to Savannah and from Minneapolis to Houston will be changing their light bulbs, clothing themselves, and eating and drinking blue for the month of April.

Texas State Senator Florence Shapiro will read a proclamation of Autism Awareness Month on the Texas State Senate floor on April 4th.

To commemorate the fourth annual United Nations World Autism Awareness Day and Autism Awareness Month, change your light bulbs to blue and wear blue on April 1 and 2.

It’s easy! Just change your light bulbs from white to blue! To make things even easier, Home Depot will carry a complete supply of blue blubs for the event.

Toys R Us has a month long Autism Speaks campaign. Pump It Up has scheduled The Great Jump for April 7.

Even as autism escalates at alarming rates, it receives only 0.5% of the National Institutes of Health funding. Autism Speaks is North America’s largest autism science and advocacy organization.

Autism Speaks is funded primarily by local walks. The Greater Austin Walk Now for Autism Speaks committees are being formed for the fall walk. Your help is needed! Please contact Walk Manager Traci Whitney at traci.whitney@autismspeaks.org

Watch for the 12 diagnostic markers & the possible causes of autism in the following issues of your neighborhood newsletter.

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ARTICLE INFO

The Bee Cave Messenger is mailed monthly to all Bee Cave residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the Bee Cave Messenger please email it to beecave@peelinc.com. The deadline is the 9th of the month prior to the issue.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-314-7590
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

Lake Travis ISD.....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Lake Travis Elementary.....	512-533-6300
Hudson Bend Middle School	512-533-6400
Lake Pointe Elementary.....	512-533-6500
Lakeway Elementary	512-533-6350
Serene Hills Elementary	512-533-7400
Bee Cave Elementary.....	512-533-6250

UTILITIES

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Lakeway MUD	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy	512-322-9100
Pedernales Electric.....	888-554-4732
Texas Gas Service Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
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AT&T New Service.....	1-800-464-7928
Repair	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor.....	beecave@peelinc.com
Advertising.....	advertising@peelinc.com

Around Bee Cave

Dear Bee Cave Community Members,

Every day hundreds of reports of abuse and neglect are made to Child Protective Services for children living in Central Texas. After being investigated, many of these reports are found to be true and children are immediately removed from their home to ensure their safety.

In 2010 there were 3,148 children in foster care in the Central Texas area.

Many studies have documented that the outlook for foster youth who age out of the foster care system, without loving families, is often grim:

- One in four will be incarcerated within the first two years after they leave the system.
- Over one-fifth will become

homeless at some time after age 18.

- Approximately 58 percent had a high school degree at age 19, compared to 87 percent of a national comparison group of non-foster youth.
- Of youth who aged out of foster care and are over the age of 25, less than 3 percent earned their college degrees, compared with 28 percent of the general population.

Recently, a six-month-old child came into foster care due to severe abuse from her parent. Her parent abused her so badly she had a skull fracture and three broken fingers. An amazing foster family was contacted and they quickly stepped up to the

plate to care for this fragile child. Currently, the child is healing and the doctors expect a full recovery.

A 12 year old came into care after being sexually abused by her father, while her mother looked the other way. After years of being nurtured and loved by a single foster parent, she has now been accepted to college and is eager to become a productive member of society. Meanwhile, she knows she has this foster parent in her court.

These are just two stories of children being given second chances by foster and adoptive parents, several of whom live in the Bee Cave Community. Each child has their own unique

story and deserves a safe and loving home where they can begin to heal and be given the opportunity of childhoods free of abuse and neglect.

Here's how you can help.

1. **BECOME A FOSTER PARENT!** There is a huge need for safe and loving homes for the children of central Texas. Open your heart and home to a child who desperately needs you.
2. **BECOME AN ADOPTIVE PARENT!** There is a huge need for adoptive parents. Especially for sibling groups and children over the age of two. Make a commitment

(Continued on Page 5)

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Dear Bee Cave Community Members- *(Continued from Page 4)*

to a child who deserves a permanent home.

Foster and adoptive parents as well as volunteers come in all shapes and sizes. They are single, they are married, they are newlyweds, they are grandparents. If you are interested in becoming a foster and/or adoptive parent but are worried about finances, it is important to realize that monthly subsidies are provided to parents caring for foster children and adopted children. Also, each child will be covered by Medicaid (covering

medical and dental) until the age of 18, even if they are adopted.

It takes a community with loving, nurturing and healing arms to raise a child that has suffered abuse and/or neglect. Will you be part of that community?

To get involved, contact Caitlin Moe or Betsy Herrington at Texas MENTOR (512.804.2338), a foster care and adoption agency. Our goal is to have 40 Bee Cave families directly involved in foster care by July 31st, 2011. Answer the call!



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Around Bee Cave

Request for Proposals for Architectural/Engineering Design Services *City Hall Building in Bee Cave, Texas*

PROJECT INTRODUCTION

The City of Bee Cave, Texas desires to redesign and reconstruct the exterior footing, portions of the exterior walls and various windows and entrances to their City Hall building located at 4000 Galleria Parkway in the middle of the Hill Country Galleria Development in the 12000 Block of State Highway 71 West. City Hall building construction was completed in the fall, 2007. The footprint of the building measures approximately 13,000 square feet and the building is two stories. The building was originally designed and constructed with numerous errors which enabled water to intrude into the confines of the building. In addition, certain systems of the building including the HVAC system need to be redesigned. The City now wishes to correct such design and construction errors and remediate damage to the building.

PROJECT REQUIREMENTS

The City of Bee Cave is looking for a professional architect and engineering firm with practical and professional experience in designing multi-functional office type buildings that contain public meeting space, such as a council room, library and administrative

offices. In particular, the proposer should have experience with redesigning buildings that require considerable reconstruction and that have experienced water intrusion problems.

SUBMITTAL REQUIREMENTS

- Provide three copies of the firm's response to this request for proposals that include:
- Brief summaries of commercial, office or governmental building projects that involved exterior redesign specifically to address mitigation of water intrusion;
- Contact information for at least five (5) references;
- Resumes of firm personnel who will be involved and the primarily architect and engineer; and
- A statement as to why the particular firm is qualified for selection for this Project;
- A statement that the firm can meet the schedule that has been established for design of this project.
- List of 5 or more projects similar in scope to this Project.

(Continued on Page 7)

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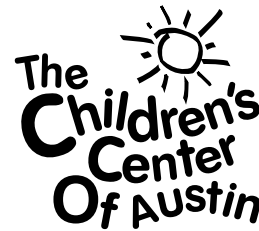
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Request for Proposalst - (Continued from Page 6)

INTERVIEWS

Upon review of the proposals received in response to this request, the City of Bee Cave may choose to conduct interviews with selected firms. If the City of Bee Cave chooses to conduct interviews, the selected firms will be invited (at their own expense) to make a presentation about their qualifications and examples of past projects. The date and times for interviews will be determined after review of the proposals.

SCHEDULE FOR AWARD OF CONTRACT

The City of Bee Cave intends to pursue an aggressive schedule in the selection of an architect and engineering firm, completion of design, award of a contract for construction, and completion of construction. It is anticipated that a recommendation will be made to the Bee Cave City Council on selection and ranking of the architect/engineering firm at the Council's regular meeting on **Tuesday, April 26th, 2011**. The recommendation will rank the firms according to their qualifications and experience. The City Council will then consider the recommendation and will select and rank the firms. Thereafter, the City will negotiate with the firm ranked as most qualified to finalize a contract and if a contract cannot be successfully negotiated, the City will continue negotiations with each subsequently ranked firm until a successful contract is negotiated.

Upon successful negotiation of the contract, the City Council will then approve the contract. A notice to proceed will be issued by the City to the successful firm within 10 days from the firm submittal of insurance certificates. Design work should be complete by **Monday, August 1st, 2011**, with construction bid package prepared for publication no later than **Monday, August 12th, 2011**.

The City has conducted extensive research and evaluation of the problems with the building construction and design; including water intrusion testing. All firms intending to submit a proposal are strongly encouraged to review this information prior to submittal of their proposal. Access to this information can be made by contacting Mr. Frank Salvato at the telephone number listed below.

Send or submit fifteen (15) copies of your proposal to:

Kaylynn Holloway, City Secretary
City of Bee Cave
4000 Galleria Parkway
Bee Cave, TX 78738

Proposals must be received no later than **5:00 p.m. Friday, April 8th 2011**. Please direct any inquiries to Mr. Salvato, City Administrator at 512-767-6611 or Travis Askey at 512-767-6612 or via e-mail to fsalvato@beecavetexas.gov and/or taskay@beecavetexas.gov.

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Around Bee Cave

Central Park

The City of Bee Cave reminds visitors to the Central Park that coyotes have been observed recently. Coyotes are wild animals and potentially dangerous; they are very capable of killing prey, especially when they cooperatively hunt. Coyotes and other wild animals should never be fed or approached too closely, for the protection of park visitors and the animals themselves. Be especially wary when walking small dogs and be sure to always keep your dogs leashed. Please contact the City of Bee Cave Administration Offices at 512-767-6610 with questions or for additional information.



Wilderness Run & Walk

April 16 at 9:30AM

*Submitted by Sheryl Kelly, Co Chair of the Wilderness Run
Friends of the Parks of Lakeway*

The members of the Lakeway Friends of the Park would like to invite the community to participate in the 13th Annual Wilderness Run. This free noncompetitive run and walk will begin at 9:30 with refreshments following the race. The start and finish line is near the kiosk at the entrance to Hamilton Greenbelt I across from Lakeway Justice Center. Parking is available at the Justice Center and the Activity Center. Participants may choose to run or walk either 3 miles or 5 miles.

Register online by visiting www.lakewayfop.org or by picking up an entry application at the Lakeway Activity Center and City Hall. Various registration boxes will be available at the entrances to City Park, The Canyon lands, Hamilton Greenbelt I and Hamilton Greenbelt II. Commemorative T-Shirts may be purchased for \$15 with all proceeds from donations and sales going to the maintenance of trails. This is a family event for both the young and old. It is a great opportunity for runners as well as families with children and dogs to enjoy an outing and explore the beautiful trails of Lakeway. Hope to see you there! For more information, please contact Sheryl Kelly at 261-6067.



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Colin's Hope Community Water Safety Splash and Walk Saturday, April 30th 10AM-3PM

The whole family can splash into our Water Safety Challenge and Life jacket Swim or try out a Stand Up Paddle Board at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens.) Volunteers are also needed to pick up and distribute water safety packets to homes in zip codes that have high incidences of drowning. This is a great family or group volunteer activity. Email alissa.magrum@colinshope.org to volunteer. Together, we can prevent drowning and save lives.

Colin's Hope Night at Eastside Movies in the Park Tuesday, May 3rd, Doors open at 6PM, Movie at sundown

Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

Colin's Hope Day at Schlitterbahn-New Braunfels Saturday, May 21st

Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email alissa.magrum@colinshope.org for more information.

For more info visit our website at www.colinshope.org

SING ALONGS TO PRESENT "ROARING TWENTIES" SHOW

Submitted by Joann Anderson



Reservations are now being taken for the Sing Along's annual Spring dinner/show, "The Roaring Twenties." The show will be held at the Lakeway Activity Center on Thursday, April 28; Friday, April 29; and Saturday, April 30, beginning at 6:30 pm.

Producer/Director Ernie Clay has chosen songs for the show that represent the particular trends that marked this dynamic time period in our history. Everyone in this decade was trying to be "new"--new dances, shorter hems and hair, new inventions--everyone was "pushing the envelope", as we would say today.

The chorus is now busy polishing all the songs--getting the harmony and the peppy rhythms just right. Some of them are also having fun learning the dances, like the Charleston & the Black Bottom, that show the energy and sense of fun of that time. The creative team of Shirley Cox, Delores Dolezal, and Pat Smith are whipping up authentic and colorful costumes that will bring the time to life. Sharon Rogers and Delores Dolezal are planning to create a "Jazz Age" ambiance in the Activity Center auditorium that will set up the expectations of the audience for the show to come.

The Sing Along shows are always a sell-out, so make your reservations early by contacting Joann Anderson, 261-3313. Reservations are \$25 each.

Pictured below are Linda Swan, Tim Doucet, and Mary Ann Cohen showing just a sampling of the 1920's costumes that will be worn in the show.

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Around Bee Cave

Call for Artists: Spicewood Arts Society's Arts Round-up

The Spicewood Arts Society ("SAS") is planning its eighth Arts Round-Up, a fine arts festival scheduled for October 22 & 23, 2011. The Arts Round-up Committee is calling for applications from central Texas artists who wish to join us in this wonderful Fall Art Festival in the fast growing Spicewood area. This year the festival will be held at a new location on the beautiful grounds surrounding the La Cabana Grill in a grove of live oak trees at 21103 Hwy 71 West in Spicewood.

Guest admission is free to the show, although donations to SAS are encouraged and greatly appreciated. Spicewood is an affluent and rapidly growing community with sophisticated art buyers. In addition, Spicewood is just a short drive from Marble Falls, Horseshoe Bay, Johnson City, Lakeway, Bee Caves, Oak Hill and Austin, providing participating artists the opportunity to exhibit their work to a variety of art patrons. We encourage all artists living or working in central Texas to apply.

Artists in all 2-D and 3-D media will display their works in their own tents. All artwork must be original work by the artist. A jury of artists and members of the SAS Board of Directors will select applicants for invitation to participate.

FEES:

Non-Refundable Application Fee: \$25.00

Booth Fee for weekend: \$140.00

Electricity add: \$5.00

APPLICATION DEADLINE: Monday, May 31, 2011.

The goals for this show are to provide a cost effective venue for artists to display and sell their art and to provide fun for the whole family. Further information about the show and application information are available at www.SpicewoodArts.org.

Good Friday Tenebrae Service

Continuing a tradition begun five years ago, the combined choirs of The Lakeway Church and the Lake Travis United Methodist Church will present a Good Friday Tenebrae Service on April 22, 2011, beginning at 7:30 pm. The churches alternate venues each year; the service this year will be held at the Lake Travis United Methodist Church, 1502 RR 620 North, at Debba Drive.

"O Sacred Head Now Wounded" is a Good Friday Tenebrae Service presented by the combined adult Choirs of The Lakeway Church and Lake Travis United Methodist Church, under the direction of Mark Savage-Rains and Patty Highland. The choirs will be accompanied by Elden Little and Paola Perin, at the piano, along with an orchestra of strings, woodwinds, handbells and percussion. The music chosen to relate to the Scripture was composed by a wide variety of composers from J.S. Bach to Karl Graun (a contemporary of Bach) to William Billings (one of America's colonial composers) to the nineteenth century composer Theodore Dubois, to Pablo Casals (the great cellist), to contemporary composers like John Carter, Lloyd Larson, Jane Marshall and Anna Laura Page. The beautiful chorale "O Sacred Head Now Wounded" will be used throughout the service to unify and give direction to our worship.

This moving service will trace the Passion of Christ through scripture readings and related musical selections telling the story of Jesus' final days following the Passover meal with His disciples. The story begins with Jesus' time of prayer in the garden of Gethsemane followed by Judas' betrayal, His arrest, His mock trials, His beating, His conviction, and finally to the cross where He was crucified. The service will be presented in the form of a "Tenebrae" Service – candles will be snuffed out following each passage of scripture that is read and the service will end in darkness as we remember the death of Christ, the "Light of the world." Come journey with us through Scripture and powerful music, as we remember Christ's passion and death to redeem the people of the world.

For more information, please call The Lakeway Church at 512-261-6331 or LTUMC at 512-266-9877 or visit www.lakewaychurch.org or www.ltumc.org.

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Business Section

Five Business Networking Groups in the Area

Are you looking to grow your business in 2010? If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:

A PLUS REFERRALS BY THE LAKE NETWORK OF BNI

A Plus Referrals By The Lake is a non-competitive professional referral organization that admits only one high quality individual or company per professional category to share ideas, contacts and most importantly referrals.

Curious? Do you want to learn how to build your business by word-of-mouth referral? Visit us this Wednesday morning 9:00 to 10:30 a.m.... have a great time, meet new people - and there is no obligation to join. Please contact Jon Speakman for more information at jon@jonspeakman.com or visit www.BNIAustin.com.

LAKE TRAVIS PROFESSIONALS

This is a networking group with a strong community service focus. The meetings are the first Thursday of each month at 6:00 PM. For more information about this month's community service project and other networking opportunities please email Tara@TaraDonahueHomes.com.

LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members to grow their businesses through qualified referrals. We meet every Wednesday at 8AM at Johnny Fins, located at 16405 Clara Van Street, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at Kellyconnor@austin.rr.com or 512-736-2495.

STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at Hill Country Pasta House. Visitors are welcome! If you are interested in visiting a meeting please contact Elicia Rudberg at eliciarudberg@gmail.com for more information or visit www.BNIAustin.com.

HILL COUNTRY NETWORKING

Hill Country Networking is a networking community based in Bee Caves, TX. Our members are an enthusiastic and dedicated group of individuals representing a diverse range of businesses all across the Greater Austin area.

Our mission is simple. Relationships, Referrals, Real Business... Our members are dedicated to helping one another grow their businesses through the most effective form of

(Continued on Page 13)




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Five Business Networking Groups - (Continued from Page 12)

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FINANCIAL FOCUS

Sandwich Generation Needs "Stress Busters"

You may be too busy to realize it, but April is Stress Awareness Month. Sponsored by the Health Resource Network, a non-profit health education group, Stress Awareness Month is designed to promote awareness about ways to reduce stress in our lives. And if you're a member of the so-called "Sandwich Generation," you may well have plenty of stress to deal with — especially financial stress. And that's why you may want to look at this month as an opportunity to explore ways of "de-stressing" yourself.

To understand the scope of the problem facing people in your situation, consider this: One out of every eight Americans aged 40 to 60 is both raising a child and caring for an aging parent, according to the Pew Research Center. The definition of "caring" for an elderly parent can range from actually having the parent living in one's home to helping pay for the parent's stay in an assisted living or nursing home facility. When you consider the costs involved in this type of care, added to the expenses of raising your children, and possibly even providing some financial support to them as young adults, it's easy to see that you could potentially face enormous strains, both emotionally and financially.

To help ease this burden, consider these suggestions:

- **Save.** As a Sandwich Generation member,

you're probably within shouting distance of your own retirement — so you need to be saving for it. This may not be easy. You don't know how much financial support you may someday have to provide your elderly parents — and even after your children are grown, they may need some help from you. Unfortunately, in helping these "boomerang" children, many people have to disrupt their day-to-day cash flow and raid their savings. That's why it's important to try to "pay yourself first" by deferring part of each paycheck into your 401(k) and by automatically moving money, each month, from your checking or savings account into your IRA.

- **Talk.** Many people in the "Greatest Generation" (over age 80) have not even

prepared a will, so, if your parents are in that group, you may want to talk to them about taking action. Also, find out whom, if anyone, is handling their investments. And ask if your parents understand how Medicare works and if they need to add supplemental health insurance, such as Medigap. Plus, you need to find out if your parents have created a power of attorney or health care directive. It's best to have these conversations sooner, rather than later.

- **Delegate.** You eventually may have to take some responsibility for your parents' care — but you don't have to do it alone. You could, for example, work with a financial services provider that offers trust services, which can be invaluable if your parents are incapacitated, but which are useful even if they aren't. A professional trust officer can, among other duties, help manage your parents' investments, pay their bills, keep their records and supervise distribution of their assets to beneficiaries. In short, a qualified trust officer can make life a lot easier for you.

Stress Awareness Month only lasts 30 days, but by taking the right steps, you can de-stress yourself for many years to come. After all, just because you're in the Sandwich Generation, it doesn't mean you have to be "squished."



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News You Can Use

WCID 17 News

Don't Flush Those Old Meds

As you are probably aware, there are growing numbers of pharmaceutical drugs and chemicals found in our lakes and streams – water bodies that are also the source of our drinking water. To protect these sources, it makes sense to reduce the amount of these drugs and medicines as much as possible.

To address improper disposal of medicines and to highlight the environmental threat posed by flushing medicines down the toilet, the Pharmaceutical Research and Manufacturers of America, the American Pharmacists Association and the U.S. Fish and Wildlife Service have formed a partnership. The campaign, called SMARxT Disposal, proposes three small steps that can make a huge difference:

1. Don't flush unused medications or pour them down the drain.
2. Dispose of unused medication in household trash, crushing solid meds and mixing it with coffee grounds or sawdust to make it unpalatable to pets or children.
3. Locate approved state and local collection programs.



Visit the SMARxT Disposal Web site at www.smartxtdisposal.net for more information.

Mark Your Calendar

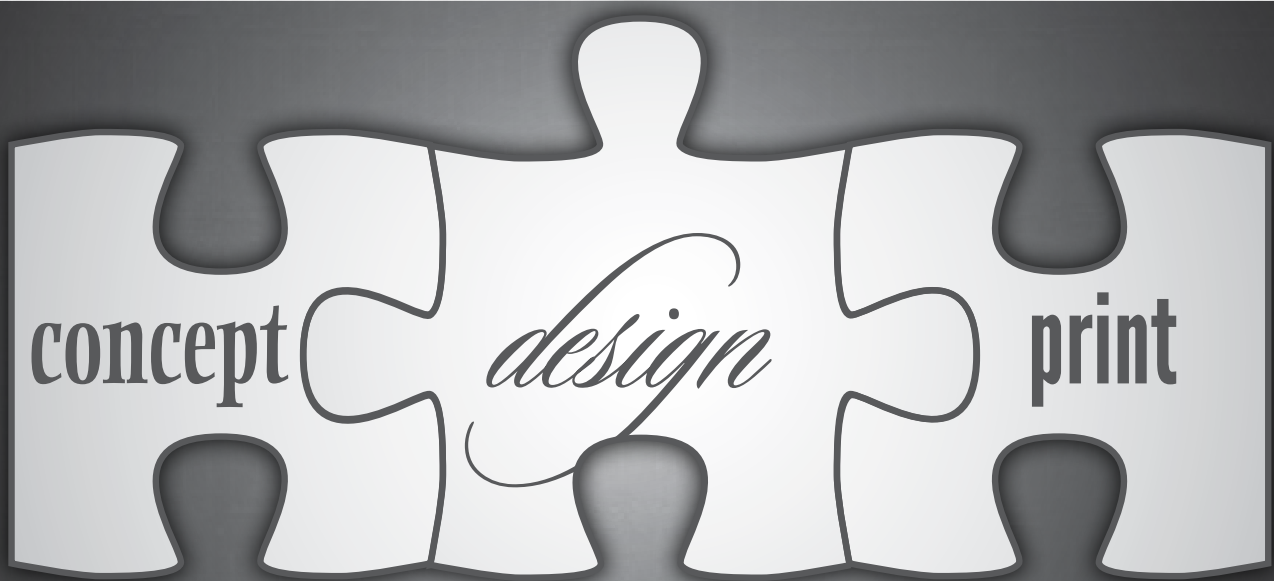
WCID 17 will be hosting a Household Hazardous Waste Collection event May 21, 2011. More details to follow in April.

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Playgrounds



What's a Sprayground?

More and more cities are opening spraygrounds, which are water playgrounds. At a sprayground, kids can shoot each other with water cannons and get sprayed by dozens of water jets that squirt from different colored nozzles and hoses.



Do you have a favorite playground? Maybe it's a new wooden one that has lots of tall towers and passageways. Or maybe your favorite is an old-fashioned playground with swings and a seesaw. Playgrounds are fun places for kids because there's so much to do and other kids to have fun with. But sometimes kids get hurt at playgrounds. That's no fun, so here are 10 ways to keep safe:

1. Take a grown-up. As kids get bigger, they like doing things on their own. Going to the playground shouldn't be one of them, though. Grown-ups come in handy because they might spot problems at the playground, they can help you down if you get in a tight spot, and they can help if you happen to get hurt.

2. Take a good look around. If the playground has lots of trash, such as broken glass, or the equipment looks broken, don't play there.

3. Keep your size in mind. Many playgrounds have some equipment that's for little kids (like 2- to 5-year-olds) and other equipment that's meant for older kids. Use the equipment that's right for your age. If you squeeze yourself onto a swing for toddlers, you might get stuck. Likewise, if your little brother or sister starts climbing something meant for older kids, guide him or her to the little kid stuff.

4. Don't go too high. Many playgrounds have tall stuff to play on, such as towers or open passageways between equipment. Don't climb higher than you feel comfortable, and feel free to ask your grown-up if you need help getting down. Never climb up the outside of equipment, or hoist yourself up on the roof. The view might be cool, but it's a long way down.

5. Look out below. The best playgrounds put down special surfacing material, such as mulch, wood chips, sand, gravel, or rubber matting. These surfaces can help soften a fall, but that doesn't mean you won't get hurt, especially if you tumble from a high spot.

6. Swing safely. Kids often get hurt at the playground because they get hit by someone on a swing. If you're

swinging, watch out for people who might be getting too close. And if you're walking around the playground, don't get too close to the swingers.

7. Use your head. Sometimes you'll see kids going headfirst down the slide or maybe two or three kids will get on a piece of equipment that's only meant for one. Or some kids might start goofing around and trying to push each other off a swing or off of a high spot. If your grown-up sees you doing this, he or she will probably say, "Knock it off. Someone's going to get hurt." It's true, so try to use the playground equipment properly. And if you get stuck, or don't know how to get down from something, call your grown-up over so he or she can help you down.

8. Report problems. If you see graffiti (when people write or paint on stuff), a broken swing, or find any other problems while you're playing, tell your grown-up. He or she can report the problem so it can be fixed.

9. Clean up. If you bring a drink or snack to the playground, clean up your trash before you leave. When you do, the park will look nice when the next kid comes along to play and you will have shown that you're a good playground citizen.

10. Have a great time! How can you make a good time at the playground even better? Bring a friend and only complain a little when it's time to leave.

Reviewed by: Steven Dowshen, MD

Date reviewed: May 2008

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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2		7				1		9
	9			6				
6			7				2	
	4			1		3		
	1			5		4		
								6
								8
				2	8	5	7	1
8					7		4	

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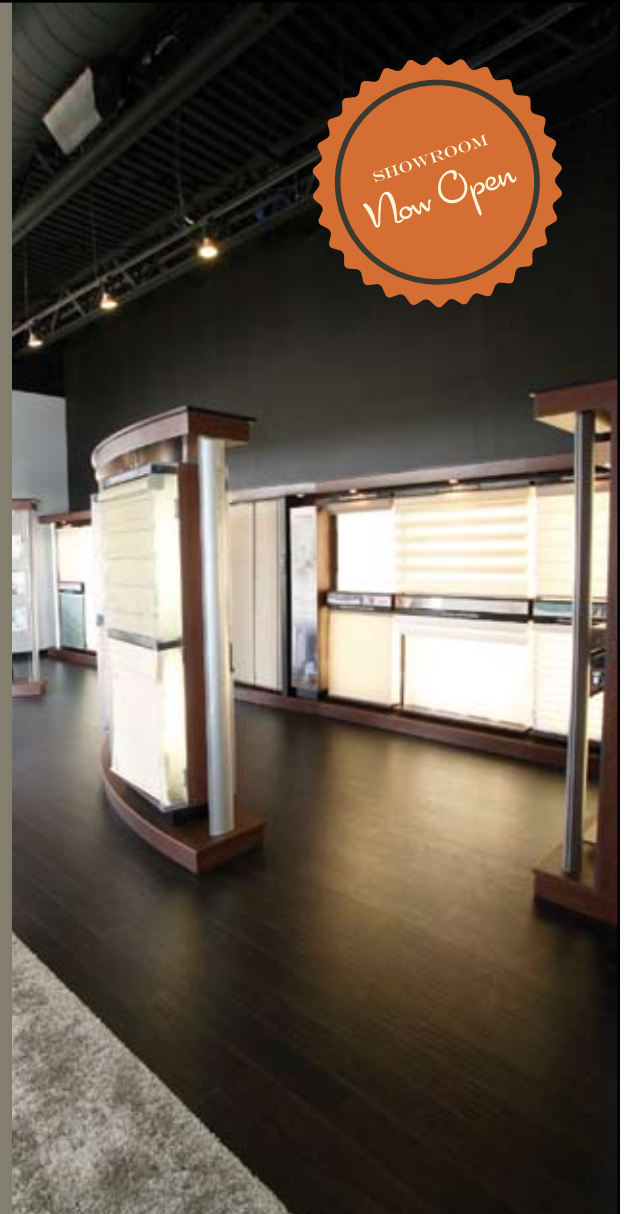
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