



THE TALON

January 2013

Official Publication of the Eagle Springs Community Association

Volume 5, Issue 1

Jingle Bells!

Congratulations to:

Mayelin Mateu

Daniel Martin

Michelle Pohla

Winners of the "Find Jingle Bells"

Contest from the December issue of The Talon!

HAPPY

NEW

YEAR!

COMMUNITY CALENDAR

January 2013

- 1..... Happy New Year!
- 8..... Book Club Meets
8pm / Athletic Clubhouse
- 10..... ESCA Board Meeting
4pm / Athletic Clubhouse
- 11..... Scrapbook Club Meets
12pm / Athletic Clubhouse
- 21..... MLK Holiday!
- 24..... Safety Advisory Committee Meets
7pm / Athletic Clubhouse
- 28..... Landscape Committee Meets
7pm / Athletic Clubhouse

ON-SITE MANAGEMENT OFFICE HOURS

Monday & Wednesday..... 1pm – 6pm

Saturday..... 9am – 1pm

For the most up-to-date info, please see the

Community Calendar at: www.INSIDEEAGLESprings.com

TUESDAYS..... Trash & Recycle

FRIDAYS..... Trash Only



COMMUNITY CONTACT INFORMATION

EAGLE SPRINGS COMMUNITY ASSOCIATION

Board of Directors AsktheBoard@InsideEagleSprings.com

Crest Management Co 281-579-0761

Community Manager..... Bill@Crest-Management.com

Clubhouse Rental..... Help@InsideEagleSprings.com

Activities Activities@InsideEagleSprings.com

Website Administrator..... Help@InsideEagleSprings.com

Newsletter Help@InsideEagleSprings.com

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency 9-1-1

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

Humble Post Office..... 281-540-1775

Trash & Recycle, Best Trash..... 281-313-2378

TELEPHONE/TV/INTERNET PROVIDERS:

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Comcast..... 800-266-2278

DISHNetwork 877-903-3813

DirecTV..... 888-777-2454

SCHOOLS

Humble ISD 281-641-1000

Website www.humble.k12.tx.us

Eagle Springs Elementary 281-641-3100

Atascocita Springs Elementary..... 281-641-3600

Timberwood Middle School..... 281-641-3803

Atascocita High School 281-641-7500

NEWSLETTER PUBLISHER

Peel, Inc. 888-687-6444

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BBQ COOKOFF WINNERS!

On November 10th, 11 resident teams competed to see who was the best BBQer in all of Eagle Springs. Residents came out and enjoyed tasty BBQ given away by our teams, along with BBQ plates sold by Tin Roof BBQ. Children rode ponies, climbed a rock wall, participated in races, roped a “calf” and rode a mechanical bull, all in the spirit of camaraderie and friendly competition. If you haven’t been to our annual BBQ Cookoff, you are missing out! Be sure to check in next November to see what your neighbors are grilling!

CONGRATULATIONS TO

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Best Overall Champion

Eagle Springs BBQ Cook Off

OTHER FINISHES INCLUDE:

OPEN DISH

First Place

Certified Tasty

Tie for Second

Smoker and the Bandits / Just4Fun Cookers

CHICKEN

Four Way Tie for First

Kiss My Smoke / Certified Tasty / Catalina Ranch Cookers

War Pig / Q

DESSERT

First Place

Just4Fun Cookers

Second Place

Catalina Ranch Cookers

Third Place

Team Ashley

RIBS

First Place

Certified Tasty

Tie for Second

Hook and Roll / Set it and Forget it

BRISKET

First Place

Certified Tasty

Second Place

Kiss my Smoke

Third Place

War Pig

Thank you to all of our teams for making this event unforgettable!

Better Homes and Gardens Real Estate Gary Greene

832.814.6120 - Cell

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

9000 Forest Crossing The Woodlands, Texas 77381

281.367.3531 - Office

*We realize you have a choice so we appreciate the opportunity to earn your business.
Building clients for life while giving back to the community in order to make a difference!*



Happy New Year Eagle Springs!

Houston's Economy Ranked Number One in the U.S., 40th in the World

"The Brookens Institute"

It was great to see so many neighbors and friends out and about over the Christmas holidays. 2012 finished strong as reports surfaced from The Brookens Institute that Houston's Economy Ranked #1 in the United States and 40th in the World. Our local economy continues to be blessed with new job creation, companies moving into Greater Houston and surrounding areas, bringing more buyer activity to the area. We also experienced a slight uptick in home prices in the local market as the demand for housing picked up. Forecast reports show that the local market will continue to be strong. The activity we saw in December with sellers contacting us about marketing plans and pricing as it relates to their home, shows consumer confidence continues to get stronger. The last quarter of 2012 continued the trend of local buyers moving up to larger homes. Homes in Eagle Springs priced \$175,000 and below continue to be a hot commodity, as we see multiple offer situations continuing to occur. In 2012, I personally had 12 competing offer situations. The 3 years prior to 2012 competing offers were pretty much non-existent.

*If you are considering listing your home, call me to schedule a time to discuss my proven marketing plan and take the next steps to work together to get your home **SOLD**. My personal portfolio includes over 438 sold homes, 64 homes **SOLD** in 2012 with closed sales of over 13.5 Million Dollars this year. My listings sold for **98%** of list price. If you want your home **SOLD**, speak to me about listing your home. I specialize in the neighborhood in which I live, Eagle Springs!*

*As your Buyer's Agent I handle all facets of the real estate transaction including, negotiation, choice of lot, floor plan, neighborhood, schools, all paperwork, etc., always having an eye towards resale of your home. Call me for a consultation on the benefits of having a Buyer's Agent, especially with New Construction! The Builder Salesman works for the Builder, NOT you! Want the best price when you are buying a home? I will get it for you! I also offer a **Free Local Move!** (Restrictions Apply, Call for Details).*

I am Relocation Certified and I am qualified to handle your relocation needs. Better Homes and Gardens Real Estate Gary Greene is a Cartus Network Broker as well as many other relocation companies that you may be affiliated with.

Thank you for the feedback that many of you have provided over the years on the articles that we have written. If you have a topic you would like me to discuss, please send an email to rebekah.snipp@garygreene.com. I am always looking for topics my neighbors have an interest in learning more about via this newsletter. I appreciate the opportunity you provide to me to earn your business and referrals. Thank you and May each of you have a blessed 2013!

Respectfully,

Rebekah Snipp

Your Neighbor and Neighborhood Realtor

BETTER HOMES AND
GARDENS REAL ESTATE

GARY GREENE

Rebekah Snipp

Realtor, ABR, CDPE

Direct: 832-814-6120

[rebekah.snipp@](mailto:rebekah.snipp@garygreene.com)

garygreene.com

Mark Snipp

Broker, GRI

Direct: 832-859-9113

msnipp@garygreene.com

Website:

majorleaguehomes.com



Eagle Springs Resident



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WINTERFEST 2012

Santa made his grand entrance on an antique fire truck during our annual WinterFest on December 8th, 2012. Children young and old enjoyed horse-drawn wagons decorated in their holiday best, a petting zoo, and camel rides. Crafts were assembled, reindeer food was made, and games were played as Eagle Springs welcomed the holiday season, even though it was a balmy 80 degrees outside!

Congratulations to the Thorne Family for taking first place in our Gingerbread House contest! The children of the Thorne Family erected an entire village to take first place and a Visa gift card.

Photos of Santa were taken courtesy of Courtney Paul of Courtney Paul Photography, and Kim Scott of Kim Scott Photography. Thank you for taking time out of your busy season to shoot some wonderful Santa pictures for our residents!

A huge thank you to our student volunteers from Atascocita High School National Honors Society, the Patriettes, and especially Atascocita High's JROTC. Without these volunteers, our events would not run so smoothly! We appreciate your willingness to give up your Saturday afternoon to spend with our young residents.

And lastly, and certainly not least, thank you to Rebekah Snipp of Gary Greene Realtors for continuing to support Eagle Springs events! You are so appreciated!



REMINDER! - NO PETS

Pets are NOT allowed at Community Events, on the Baseball Fields, or inside the Tennis Courts or Pool Facilities, with the exception of service dogs or other service animals. This policy is to ensure the safety and enjoyment of all residents in our community.

Please be courteous to your neighbors and fellow residents and remember to LEASH & PICK UP after your pet! It's also the LAW!

Should you see a loose dog, without a leash or owner attached, please call Animal Control at: 281-999-3191. For an immediate response to an Aggressive Dog, please call our Constables at: 281-376-3472 Thank you for being a good neighbor!



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New Year's Resolutions for Real Estate

As the year winds down, consumers are looking forward to the New Year and have started planning their real estate priorities. Undertaking a home improvement project is the most popular resolution for Americans looking to upgrade their homes. Here are the remaining top real estate **New Year's resolutions**:

- Undertake a home improvement project
- Start saving money for a down payment
- Improve my credit so I can get pre-approved
- Purchase a home or investment property
- Refinance or modify my loan
- Learn more about local real estate market



What's Your New Year's Resolution?

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EAGLE SPRINGS

IN MEMORY OF ENYA

The Chick-Fil-A at 19220 West Lake Houston Parkway will be holding a fundraiser on Saturday, January 4, 2013 in memory of young Eagle Springs resident Enya –Gabrielle Angeles who lost her battle with cancer. The fundraiser will help raise money for the foundation established in her memory with a portion of the proceeds going to Atascocita Elementary School for their garden dedicated to Enya. Please come out and support your neighbors and the fundraising efforts.



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Jaxson Oliver Roussel

Born: August 28, 2012

Proud Parents: Jason & Michelle Roussel

Neighborhood: Montecito Pointe

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News About Your 2013 Annual Statement

*Eagle Springs Community Association
Account Numbers Have Changed!*

Just a reminder that Assessments are due January 1st and incur late fees when received after January 31st.

Please note that HOA account numbers have recently changed. The new account numbers were mailed to homeowners along with the 2013 Annual Statements that went out in October. Homeowners should have received their statements in the mail by now. If you have not received your Annual Statement, please contact Joanne at Crest Management: 281-945-4622 or Joanne@Crest-Management.com.

Assessments did not increase for 2013; they are once again \$825.00. Additionally, Arbor Heights Assessments are \$60.00 and Princeton Park Assessments are \$1200.00.

If you pay with an online bill paying service through your bank, you will need to change your account number and may need to update the remittance address. If you pay using the Association's Online Payment option, you will need to re-register as if you were a first time payer. Please contact Joanne McIntyre (Joanne@Crest-Management.com or 281.945.4622) if you have any questions regarding this change.

Eagle Springs Community Association, Inc.

Meeting Notice



Public notice is hereby given to all members of the Eagle Springs Community Association, Inc. for the upcoming meeting of the Eagle Springs Community Association Board of Directors.

The purpose of this meeting is for the Board of Directors to conduct the business of the Association. This meeting will take place on Thursday, January 10, 2013 at the Eagle Springs Athletic Clubhouse located at: 17821 Eagle Springs Parkway, Humble, Texas 77346. The Open Session of the meeting will begin at 4:00 p.m. and adjourn at 6:00 p.m. Meeting agendas are viewable on the Eagle Springs Website: www.INSIDEEAGLESprings.com under the Homeowners Association tab. Please contact Community Manager, Bill Higgins, at Crest Management for any questions regarding this notice. Bill@Crest-Management.com or call 281 945 4625.



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Home Security During & After the Holidays...



The holidays are here and with the hectic bustle of activity and planning one of the worries most people do not think about is the safety and security of their homes while you are away at the store or out of town visiting family. During this time of year the number of home burglaries increases and most of the home burglaries are crimes of opportunity, meaning the homeowner has given the burglar an easy target. There are many security precautions you can take to minimize the risk of your home becoming a statistic. The following briefly address some weaknesses in home security:

Landscaping - An ideal target for intruders is a home surrounded by large hedges and shrubs. Trees and shrubbery should be trimmed so doors and windows are visible and lighting is unobstructed.

Lighting (exterior) - Burglars hate light. Outside lighting is important near doors and the rear of your home. Motion activated lighting works best and is fairly inexpensive.

Lighting (interior) - When you leave your home do not leave on what is known as a "burglar beacon" which is a small light left on so you don't walk into a dark house. Place timers on a few of your lights and vary the time every few days so a pattern is not realized. If you are going to be away for an extended period of time, it is also a good idea to put a radio and/or your TV on a timer.

Locks - All exterior doors should have some type of a deadbolt lock. Use a double cylinder dead-bolt that utilizes a key on both sides but do not leave the key where it can be seen from the outside.

Sliding Glass Doors - These doors should have some type of pin lock installed to prevent burglars from lifting the door out of its track from the outside.

Home Inventory List—it is a good idea to keep a personal property inventory list in a safe place. This list may include jewelry, electronics, appliances, computers, etc. the list may help to establish your loss with your insurance company. Also take pictures of the items on your list and keep everything in a fireproof safe.

Garage Doors - Cut the cord off your electric garage door openers. It's easy to push the top of your garage door in enough to put a wire hanger in and hook the release handle. By pulling the handle, the burglar will be able to override the garage door opener. Leave just enough cord so you can use it if needed.

OTHER SAFETY TIPS -

1. Always be observant of your surroundings.
2. When returning home, or to your car, have your keys in hand so you can let yourself in without delay.
3. If you think you are being followed, don't go home. Go to a neighbor's house or the closest business and call the police.

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Northwest Flyers Youth Track Club Registration on Feb 2nd

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free Registration/Information breakfast on Saturday, February 2nd, 2013, for all boys and girls who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle

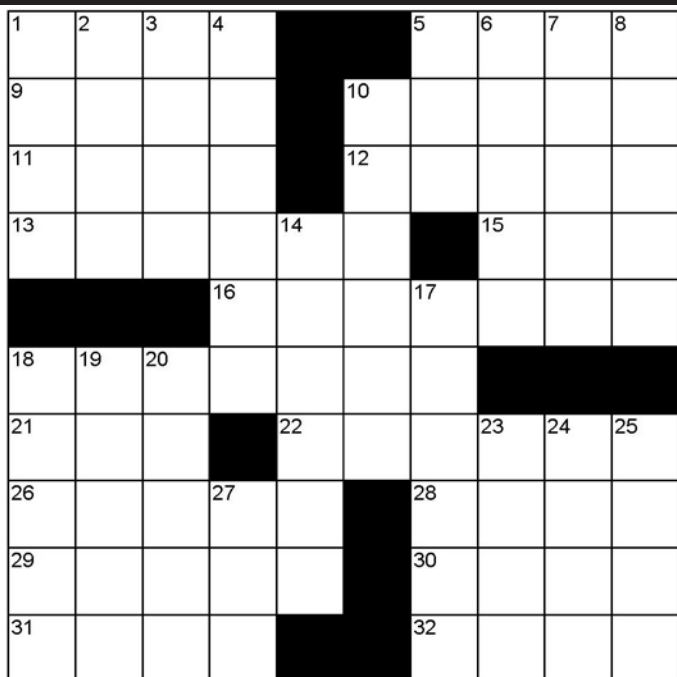
distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



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ACROSS

1. Syllables used in songs (2 wds.)
5. Dress
9. Time periods
10. Satan
11. Tap in lightly
12. Adult insect
13. Prioress
15. Today
16. Chapel
18. 10,000 squared meters
21. Cutting tool
22. Scents
26. Small herring
28. Two
29. Fish tank dweller
30. Volcano
31. Otherwise
32. Hold

DOWN

1. Soft white cheese
2. Arabian
3. Mutton
4. Facet
5. Jewel
6. ___-garde
7. Severity
8. Wispy
10. Render harmless
14. Soft drink brand
17. Lacked
18. Hurry
19. Deport
20. Tic tac's competitor
23. Pear shaped instrument
24. Alley
25. Close the door hard
27. Be

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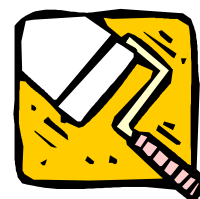
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Tennis Tips

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Fernando Velasco



THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve

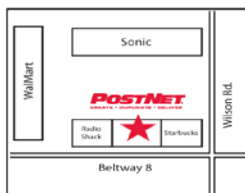


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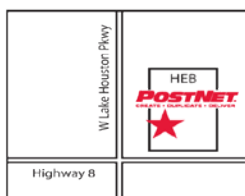
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PERFECT TIME FOR COOL SEASON HERBICIDE

It's finally time to use the cool season herbicides I've referred to on the GardenLine radio program. If you know what I'm talking about but just need the names of the products, they are Fertilome's Weed Free Zone and Bonide's Weed Beater Ultra. These herbicides are specific for broadleaf weeds like Clover and Virginia Buttonweed. They will not control any "grassy" weeds. The perfect temperature range for usage of these two cool-season herbicides is roughly between 75 degree highs and 40 degree lows.

But there are some caveats that must be respected for these herbicides to work properly. The one constant in weed control, whether it's a cool season herbicide or a regular post-emergent herbicide, is to use a surfactant. Surfactants help herbicides do their job because most water in our area is considered hard. Hard water tends to just roll off leaf surfaces. There are two ways of adding a surfactant to most herbicides. The simple way is add about a tablespoon per gallon of dish soap to the mix. The professional grade way is to use a relatively inexpensive commercial

surfactant like Hi-Yield's Spreader Sticker or Bonide's Turbo. The other important step would have to be "HOW" it is applied. You should use either a pump-up sprayer or a hand-held trigger sprayer. Avoid the use of Dial-N-Spray hose sprayer because you cannot be as precise with the spray, and over-use of such products on the entire yard can cause a yellowing of the grass. Spot treating is paramount with these controls. There are some concentrates available in a "Ready to Spray" formula that you hook on the end of the hose. If this is the only thing available, concentrate on that spot treatment. That means you've got to be quick on the switch with the ON and OFF lever.

Excerpts from this tip sheet are reprinted by permission from Randy Lemmon at www.randylemmon.com.

GardenLine with Randy Lemmon

Exclusively on NewsTalk 740 KTRH | Sat. & Sun. 6 - 10 a.m.

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Spring Credit classes at Lone Star College-Atascocita Center are listed below.
Registration is in progress; classes begin week of Monday, January 14.

ACCT 2401 Principles Of Accounting I
Class 2890 TTh 9:30–11:50a

ACCT 2402 Principles Of Accounting II
Class 2892 TTh 7:00–9:30p

ANTH 2351 Cultural Anthropology
Class 13447 TTh 11:00a–12:20p

ARTS 1301 Art Appreciation
Class 15816 MW 6:00–7:20p

BCIS 1405 Business Computer Apps
Class 16018 TTh 1:30–3:25p

BIOL 1408 Intro Biology I (Nonmajors)
Class 6837 TTh 6:00–8:50p
Class 15838 Online/Lab..... F 9:00–10:00a

BIOL 1409 Intro Biol II (Nonmajors)
Class 6981 MW 6:00–8:50p

BIOL 2401 Human Anatomy & Phys I
Class 6533 TTh 6:00–8:50p

BIOL 2402 Human Anatomy & Phys II
Class 6591 MW 6:00–8:50p

BUSI 1301 Business Principles
Class 2894 TTh 1:30–3:00p

COSC 1401 Intro to Computers
Class 16014 TTh 1:30–3:25p

EDUC 1301 Intro Teaching Profession
Class 3233 Hybrid MW 12:30–1:50p*
Class 3236 Hybrid Th 5:30–8:30p*

ENGL 0304 Dev Reading I
Class 13332 TTh 8:00–9:50p*
Class 13334 MW 9:00–10:50a*

ENGL 0305 Dev Reading II
Class 13362 TTh 10:30a–12:20p*

ENGL 0306 Dev Writing I
Class 13378 TTh 6:00–7:50p*
Class 13380 MW 11:00a–12:50p*

ENGL 0307 Dev Writing II
Class 13794 TTh 8:30–10:20a*
Class 13813 MW 12:30–2:20p*
Class 13815 MW 6:00–7:50p*

ENGL 0308 ESOL Language Skills
Class 8267 Late Start TTh 8:30–10:30a*
Class 8270 Late Start TTh 8:30–10:30a*

ENGL 0372 ESOL Writing II
Class 8321 Late Start TTh 10:40a–12:40p*

ENGL 0373 ESOL Writing III
Class 8328 Late Start TTh 10:40a–12:40p*

ENGL 1301 Comp & Rhetoric I
Class 10797 TTh 9:30–10:50a
Class 10798 TTh 11:00a–12:20p

ENGL 1302 Comp & Rhetoric II
Class 11221 TTh 8:00–9:20a
Class 11222 TTh 9:30–10:50a
Class 11223 TTh 6:00–7:20p

GEOG 1303 World Geography
Class 14111 W 6:00–8:50p

GOVT 2301 American Government I
Class 12343 MW 8:00–9:20a
Class 12346 TTh 1:30–2:50p

GOVT 2302 American Government II
Class 14105 MW 9:30–10:50a
Class 15154 M 6:00–8:50p

HIST 1301 US History to 1877
Class 3928 MW 11:00a–12:20p
Class 3929 TTh 9:30–10:50a

HIST 1302 US History Since 1877
Class 12279 TTh 8:00–9:20a
Class 12282 MW 12:30–1:50p

HIST 2301 Texas History
Class 12294 TTh 11:00a–12:20p

HUMD 0330 College Success: 1st Yr Exp
Class 12857 TTh 4:30–5:50p
Class 16005 MW 4:30–5:50p
Class 16006 TTh 7:30–8:50a
Class 16007 TTh 1:00–2:20p

MATH 0306 Pre-algebra Math
Class 11533 MW 9:30–10:50a
Class 11534 TTh 6:00–7:20p
Class 11535 TTh 8:00–9:20a
Class 14106 TTh 1:30–2:50p

MATH 0308 Intro Algebra
Class 11586 MW 11:00a–12:20p
Class 11587 TTh 6:00–7:20p
Class 11588 TTh 9:30–10:50a

MATH 0310 Intermediate Algebra
Class 11654 TTh 11:00a–12:20p
Class 11655 MW 6:00–7:25p
Class 14093 MW 8:00–9:20a

MATH 1314 College Algebra
Class 11702 MW 9:30–10:50a
Class 11704 MW 6:00–7:20p

PSYC 2301 General Psychology
Class 7017 T 6:00–9:00p
Class 7018 MW 11:00–12:20p
Class 7019 TTh 9:30–10:50a

PSYC 2314 Life-growth/Devel
Class 13434 MW 12:30–1:50p
Class 13439 W 6:00–8:50p

SOCI 1301 Principles of Sociology
Class 7015 TTh 9:30–10:50a
Class 13442 M 6:00–8:50p

SPCH 1311 Intro Speech Comm
Class 15067 TTh 9:30–10:50a

SPCH 1318 Interpersonal Comm
Class 15068 TTh 11:00a–12:20p

* = Additional lab hours may apply.

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A Focus On Resolutions

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
 - A focus on fresh fruits, vegetables, and whole grains
 - Fat-free or low-fat dairy products such as yogurt, cheese, and milk
 - Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
 - Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
 - Staying away from foods high in sodium and added sugars
- For more information on weight management and improving

nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at www.win.niddk.nih.gov/publications/for_life.htm.

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>. Happy New Year from Concentra Urgent Care!



SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to *Help@InsideEagleSprings.com*. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at *www.PEELinc.com*.



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The Story on Scars

Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California.

In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better!

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

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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