

ATASCOCITA Forest

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VOLUME 2, ISSUE 6

Drowning Is **Preventable**

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

THE FIRST 3 OF THESE TIPS ARE KEY.

Practice constant visual supervision. Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

Learn to swim. Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

Wear life jackets. Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at www.colinshope.org.

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Advertising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit www.colinshope.org to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

*Wishing you the SAFEST AND BEST SUMMER EVER,
Alissa Magrum Executive Director, Colin's Hope*

COMMUNITY CONTACTS

BOARD MEMBERS

Ric Halbrook, President ric@atascocitaforest.org
 Russell Lilley, Vice President..... russell@atascocitaforest.org
 Bill Wisenbaker, Treasurer billw@atascocitaforest.org
 Tom Meyers, Trustee tom@atascocitaforest.org
 Bill Sheppard, Trustee bills@atascocitaforest.org

MANAGEMENT COMPANY

Pam Valentine, CAM
 pvalentine@communityassetmanagement.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

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Power Outages 713-207-7777
Street Light Outages 713-207-2222

Gas, Centerpoint Energy 713-659-2111
Gas Leaks 713-659-2111
Call Before You Dig..... 811
 Trail fo Lakes MUD 713-405-1750
 Aggressive Waste..... 713-631-1900
 Humble Post Office..... 281-540-1775

SCHOOLS

Humble ISD 281-641-1000
Website www.humble.k12.tx.us
 Whispering Pines Elementary..... 281-641-2500
 Humble Middle School..... 281-641-4170
 Humble High School 281-641-6300

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Editor - Bill Shepherd afhoawshepard@aol.com
 Publisher, Peel, Inc. 888-687-6444
 Advertising advertising@PEELinc.com



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References Available • Fully Insured
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SUMMER POOL HOURS

Please come and enjoy the pool this summer. It is a great way to beat the heat.

Remember you must have your pool pass. Passes can be purchased at the CAM office in Humble.

HOA dues must be up to date to obtain a pool pass.

POOL SCHEDULE & HOURS

Open from May 27th to September 2nd

Tuesday – Saturday: 12pm to 7pm

Sunday: 1pm to 7pm

The pool will be closed every Monday except for holidays for maintenance.



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ATASCOCITA FOREST

Trash Day & Recycle Day

Please help the neighborhood and place your trash/recycle items out by the street the day before and pick up your cans the day of your pickup. This will help to keep our neighborhood looking its best!

Here are your pick up days:

TRASH DAY ONLY: MONDAY

TRASH/RECYCLE: THURSDAY



Please Recycle by using your approved blue container or your own receptacle with the provided decal from the Waste Management company.

Recycle pick up is every Thursday!

Let's keep our neighborhood looking great by placing your containers out the night before pickup and by bringing them in the same day after pickup.

The AFHOA Board appreciates your help in making this happen!

~~~~~KEEPING IT GREEN AND CLEAN ~~~~~

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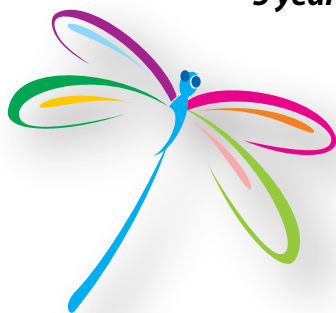


COLIN'S HOPE  
WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



**5 years ago this month, Colin Holst tragically and silently drowned at the age of 4.  
10 Texas children have already drowned this year.**

**Be a Water Guardian and help prevent children from drowning.**



**Ongoing:** Volunteers needed to stuff and distribute water safety packets [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

**Now-June 18:** Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

**June 18:** World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

**July 1:** Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

**July 21:** Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)



## LAYERS OF PROTECTION



**CONSTANT VISUAL  
SUPERVISION**



**LEARN TO SWIM**



**WEAR LIFE  
JACKETS**



**MULTIPLE BARRIERS ON  
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &  
BATHROOMS SAFE**



**LEARN CPR**



**CHECK POOLS/HOTTUBS  
1ST FOR MISSING CHILDREN**



**VISIT US  
ONLINE**

# - Kids Stuff -



You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

## PACKING BASICS

Before you leave, pack these few important things to make your trip more comfortable and safe:

- map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag
- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear

## INTO THE WOODS

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

## BUGS

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight

before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

## POISON IVY

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

## STAYING SAFE OUTDOORS

### *Your Campsite*

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

### *Your Food and Water*

When you're exploring outdoors, eat or drink something only if an adult says it is

safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

### *Your Clothing*

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear knee-high boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

### *Watch Out for Wildlife*

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

### *What if You Get Lost?*

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors!

*Reviewed by: Steven Doushen, MD Date reviewed: June 2011*

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](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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## 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 [AFCAnewsletter@gmail.com](mailto:AFCAnewsletter@gmail.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](http://www.PEELinc.com).



# SUMMERTIME is the BEST TIME to LEARN!



*Take the SUMMERTIME Checklist Challenge:*

- ☐ Has your child's teacher or school counselor recommended that he or she get help?
- ☐ Are your child's grades starting to fall?
- ☐ No matter how long your child spends on homework, it's often incomplete or inaccurate?
- ☐ Have you noticed that your child shows an increasing lack of confidence and/or motivation?
- ☐ Has your child lost interest in learning?
- ☐ Does your child exhibit anxiety before tests?
- ☐ Are you worried about the STAAR Test?
- ☐ Or, do you just want your child to get ahead of next year's class?

*Does your child need tutoring this summer?*

If you checked one or more challenges your child may experience difficulty at the beginning of next school year.

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