



THE TALON

January 2014

Official Publication of the Eagle Springs Community Association

Volume 6, Issue 1

From the Board of Directors

Announcing the Newly Elected Neighborhood Voting Representatives for 2014.

Neighborhood Voting Representatives (NVR) play an important role in the governance of the Association. Their primary role is to cast all votes attributable to Units in the Neighborhood for election of directors, amending the Declaration or By Laws, and all other matters provided for in the Declaration and By-Laws that would require a vote of the membership. Additionally, NVR's liaise with residents in their respective Neighborhoods to bring issues to the attention of the Board. More information on the roles and responsibilities of

NVR's can be found on our website: InsideEagleSprings.com under the Homeowners Association tab. Currently, there remain three neighborhoods without NVR representation: Beringer Place, Cades Crossing and Chandler Crossing. Several neighborhoods are also in need an Alternate NVR. If you live in one of these neighborhoods, you are encouraged to consider one of these open positions. For questions or more information about this, please contact Bill Higgins at: bill@crest-management.com or 281-945-4625.

Arbor Heights

NVR.....**Bob Carlson**

Alt.....**Charles Blake**

Arlington Park

NVR.....**Debbie West**

Alt.....**None**

Barton Ridge

NVR.....**Shelly Kanneberg**

Alt.....**None**

Beringer Place

NVR.....**None**

Alt.....**None**

Biscayne Bend

NVR.....**Phil Marlow**

Alt.....**None**

Cades Crossing

NVR.....**None**

Alt.....**None**

Cedar Meadows

NVR.....**Rebecca McAllister**

Alt.....**None**

Chandler Crossing

NVR.....**None**

Alt.....**None**

(Continued on Page 3)

COMMUNITY CALENDAR JANUARY 2014

1.....**Happy New Year!**

2.....**Twin Villas HOA Meeting**
7-8:30 / Valley Springs Clubhouse

9.....**ESCA Board Meeting**
5 pm / Valley Springs Clubhouse

10.....**Scrapbook Club**
12 – 10 pm / Athletic Clubhouse

16.....**Safety Advisory
Committee Meeting**
7 pm / Valley Springs Clubhouse

20.....**Martin Luther King Day**
No School in Humble ISD

20.....**Sports Field
Committee Meeting**
7 pm / Valley Springs Clubhouse

21.....**Pool Committee Meeting**
7 pm / Valley Springs Clubhouse

27.....**Landscape
Committee Meeting**
7 pm / Valley Springs Clubhouse

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:

Centurylink 877-290-5458
 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

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Board of Directors (Continued on From Cover)

Cottage Grove NVR.....Jonette Hayes Alt.....Drew Pete	Meadow Lake NVR.....Tina Sevin Alt.....James Metoyer
Crescent Ridge NVR.....Stephanie Gerhold Alt.....Brandon Masten	Preston Village NVR.....Steven Humphrey Alt.....Monica Oncale
Cross Creek NVR.....David LaBrot Alt.....Sara Burkhalter	Princeton Park NVR.....Nancy Boles Alt.....Tammy Roussel
Hawthorn Ridge NVRMarco Benavides Alt.....None	Sierra Bridge NVR.....Lonnie Kimball Alt.....None
Kendall Hollow NVR.....Maurice Beal Alt.....None	Sterling Creek NVR.....Tory Western Alt.....William Schroeder
Laurel Ridge NVR.....Julie Sezonov Alt.....None	Valley Creek NVR.....John Pingel Alt.....None

NEW ONSITE OFFICE HOURS

*Effective November 1, 2013 to February 28, 2014,
 Winter Hours will be in effect.
 Winter Hours are:*

Wednesday.....3:00 PM to 8:00 PM

Saturday.....9:00 AM to 1:00 PM



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281.367.3531 - Office



*We realize you have a choice so we appreciate the opportunity to earn your business.
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Out With The Old, In With The New is a typical theme this time of year

As 2013 finished up strong in our local housing market, I noticed people becoming more engaged. Over the 4th quarter of 2013, there was a noticeable trend throughout the neighborhood. Current residents in their homes 3-5+ years began to evaluate options to sell and move to other homes within the neighborhood and abroad. Many Eagle Springs residents I visited with had been considering a move over the previous 12-18 months and had a plan of action. Once the market shifted in 2013 and finished as a strong Seller market, many began putting the wheels in motion to make the move. It's been exciting to be part of this activity.

2013 brought some tears to my eyes, as I helped friends I'd made over the years sell their homes and move to the next venture in their lives. This business is a relationship business. Once you close the business transaction and hand over the keys, it's like your family grows. As a valued and trusted resource, a Realtor becomes the go-to person for many things. Some examples of questions I answer include, how do I change the filters, who is a good Dentist, Doctor, Optometrist? Can you tell me about play groups for kids, can you recommend a Vet for my pet, how do I get involved with volunteering in the local community, or what Churches are in the area? Throughout my Realtor career in Eagle Springs, I've watched my clients kids grow up. Many were a young age when they moved in and now attend college or have started families of their own. I've been blessed to help the grown kids find their first home, while I helped their parents move to different homes. I've helped many families with relocation out of the area for a job assignment and then back into the area when they return. It's such a compliment when I receive the call to help them out again. Many of you, the residents of Eagle Springs, are blessings that I don't take for granted. **Thank you for helping me to build clients for life while giving back to the community I service.**

In December upon completion of their first college semester, each of the 2013 Rebekah Snipp Scholarship recipients received a \$1,000 scholarship to be used towards their college expenses. One of the three recipients, **Katherine Bohn, is a resident of Eagle Springs.** In 2014 I will provide three (3) scholarships to area 2014 High School Seniors. Visit my website majorleaguehomes.com and **click on the Rebekah Snipp Scholarship tab for details.** The deadline to apply is April 15, 2014.

Yes, 2014 will be a time for new things. Many of you have met with me; we are in the process of getting your home ready to sell and making plans to purchase your next home. It's exciting for all of us. When you're ready to put a plan of action together to sell your home in 2014, call or text me at 832-814-6120 to schedule a time to discuss my proven marketing plan. Let's work together to get it done in 2014. Thank you for allowing me the opportunity to continue to be your go-to Realtor as I continue to build clients for life while giving back to the community I service.

Respectfully,
Rebekah Snipp

P.S. Don't forget I offer a "FREE LOCAL MOVE" to all my clients that sell or purchase a home with me as their Realtor, some restrictions apply, please ask me for the details.

BETTER HOMES AND
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GARY GREENE

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Direct: 832-814-6120
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Resident of Eagle Springs



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Hella Eagle Springs Residents



I just wanted to take a minute to introduce myself. I'm Sergeant Phillip Marquez, I was assigned to the Eagle Springs / MUD 106 contract on November 02, 2013. I have 19 years experience and have spent the last few years assigned to the Humble Office in an administrative capacity. I look forward to getting back out on the streets and working with the community focusing on our highly recognized Community Oriented Policing principals. I plan to take a pro-active posture while striving to understand and meet the needs of the community through education and awareness. I would like to encourage you browse our website (www.cd4.hctx.net) and take advantage of our online services. I have access to the Inside Eagle Springs website and will check in from time to time as needed. I look forward to meeting and working with each and everyone in the community.

Sincerely,
Sgt. Marquez.

NEWS ABOUT YOUR 2014 ANNUAL STATEMENT

Just a reminder that Assessments are due January 1st and become past due after January 31st incurring late fees.

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.

The base assessment for 2014 is \$810, a decrease from 2013. The Arbor Heights Neighborhood Assessment increased to \$67 and the Princeton Park Neighborhood Assessment decreased

to \$1,000.

If you pay with an online bill paying service through your bank please insure it has the correct account number and remittance address.

You may pay online by going to www.insideeaglesprings.com and choosing the Pay Assessment Online menu option. There is a

convenience fee to pay by credit card, but you may pay with an eCheck for no additional charge.

Please contact Joanne McIntyre (joanne@crest-management.com or 281.945.4622) if you have any questions



New Maintenance Coordinator

Eagle Springs would like to welcome Roy Dueitt as our new Maintenance Coordinator. The Maintenance Coordinator's responsibilities include checking common areas for any maintenance issues, meeting with contractors and following up with work orders to ensure their completion. Roy will also continue to fill in at the Onsite Office as needed.

Roy, along with his wife Michelle and

his daughter Courtney, have lived in Eagle Springs since Christmas of 2007. Roy has been heavily involved in our community, from being the DJ for our community events with his company TMAC Sounds, to helping coordinate the Kids Triathlon and being involved in the Sports Field Committee. Congratulate Roy on his new role in the community the next time you see him!

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BBQ COOK OFF HUGE SUCCESS!

A record number of 12 teams competed in our annual BBQ Cook Off on November 9th to see who the best BBQer was in all of Eagle Springs. Residents enjoyed samples handed out by teams, along with pony rides, games, crafts, a mechanical bull and rock wall.

Thank you to Summer Creek NHS for volunteering your time to help with judging and games that day. Another thank you to Zach, Brian and Amanda for coming out and volunteering as well!

An enormous THANK YOU to AVFD, Harris County Constables Precinct 4, Humble ISD Police Department and all the first responders who came out and judged our contest! We look forward to having you back next year!

A HUGE congratulations to RIB TICKLERS for winning Grand Champion at the Cook off! The winners received a trophy and a \$250.00 cash prize.

We look forward to an even bigger event next year!

Benita LASH STUDIO

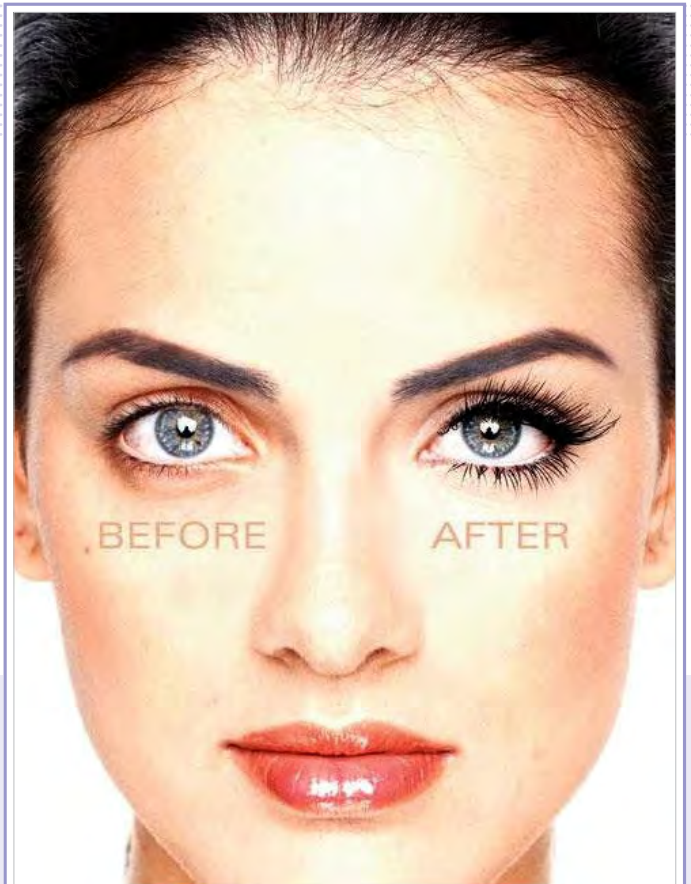
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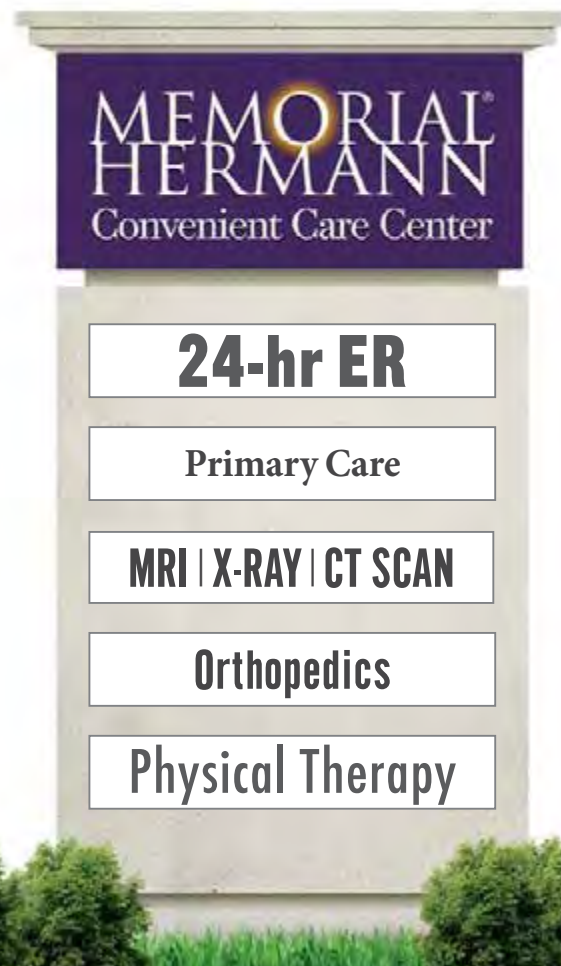
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NEW EVENTS IN STORE FOR 2014

Happy New Year! As 2014 starts to gear up, we want to share with you some big changes in store for our events this year.

First, the sad news: our annual Fall Festival is taking a hiatus this year. The fall tends to stack events and activities upon each other, and the money spent on the Fall Festival could be better utilized elsewhere. Plus, when Fall Festival was first implemented, we had no elementary schools in the neighborhood. Now we have two fabulous schools with two awesome PTOs who throw events in the fall, and they could really use the community's support. These events help to raise funds for the schools to enrich our children's lives.

Having said that, we are bringing in a new event in the spring: a ladies' fashion show with wine and cheese tasting. Mark your calendars for the evening of March first at the Valley Springs Clubhouse, when we join forces with Dragonfly Boutique, In Color Salons, and The Tasting Room as we bring you an event that Eagle Springs has never seen. This event will also be an opportunity to support the local chapter of Dress for Success. Watch InsideEagleSprings.com in the upcoming months to see how you can register for this event or even volunteer to model.

With the Fall Festival on hiatus, this means our big fall event

will be the BBQ Cook off. If you've never been to this event, you MUST this year! With our teams' input, we are bringing in more and bigger entertainment, new cook off categories, and more activities to do with your family. Our favorites will still be there: the pony rides, the rock wall, the mechanical bull. We will also be working with local first responders to determine a need they have that we can help fulfill via a fundraiser or drive as a community.

Our Casino Night is getting revamped as well. While we are forever grateful to the Lake Houston Performing Arts Center for donating their space the last two years, this year's event will take place at The Overlook, the fabulous new facility that was once the former Atascocita Country Club. Still the same fun games and fantastic prizes, but this year promises passed canapés, dessert stations, and a venue you won't want to miss!

We are still working to bring new, fresh events to Eagle Springs for 2014. Check InsideEagleSprings.com for an event calendar for 2014. If you'd like to see something at an event, or have ideas for a new event, please feel free to email Activities@InsideEagleSprings.com. The best ideas always come from our residents!

Thank You Volunteers and Sponsors!

Eagle Springs would like to take a minute to thank all of our volunteers who come and spend their personal time helping to run our events. Without the efforts of student groups such as Atascocita High School's JROTC and NHS, and Summer Creek's NHS, our events would not be possible! Another shout out to the AVFD, Harris County Precinct 2 and Humble ISD police for their efforts with the BBQ Cook off and WinterFest. We appreciate your support of our community! We also appreciate resident kids Amanda, Brian and Zach for pitching in their time as well.

Many groups and individuals also take the time to run event booths or perform at our events, all on donated time. Thank you to the Humble Cosmetology Department for always doing a fantastic job with the "scary hair" booth, and to resident Michelle

Auenson for her "making slime" booth at our Fall Festival. And a huge thanks to the Hearren family for singing at the BBQ Cook off. We look forward to having you back!

And finally, we appreciate our donors who help to make our events even more fantastic for residents to enjoy. Big thanks to Rebekah Snipp of Better Homes and Gardens Gary Greene Real Estate and Amanda Harris with Off to Neverland Travel for their donations to our community events. We'd also like to thank the Fergusons for donating their Lake Houston Performing Arts facility for our use for Casino Night.

If you have a talent you'd like to share with the community, a child who needs to earn service hours, or would like to sponsor an event via a donation, please email Activities@InsideEagleSprings.com for more information.



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Kaetlin Halseth pitching for her Texas Sun Devils softball team

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Eagle Springs. E-mail your pictures to Help@InsideEagleSprings.com by the 8th of the month.

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A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

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
 - Consuming 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

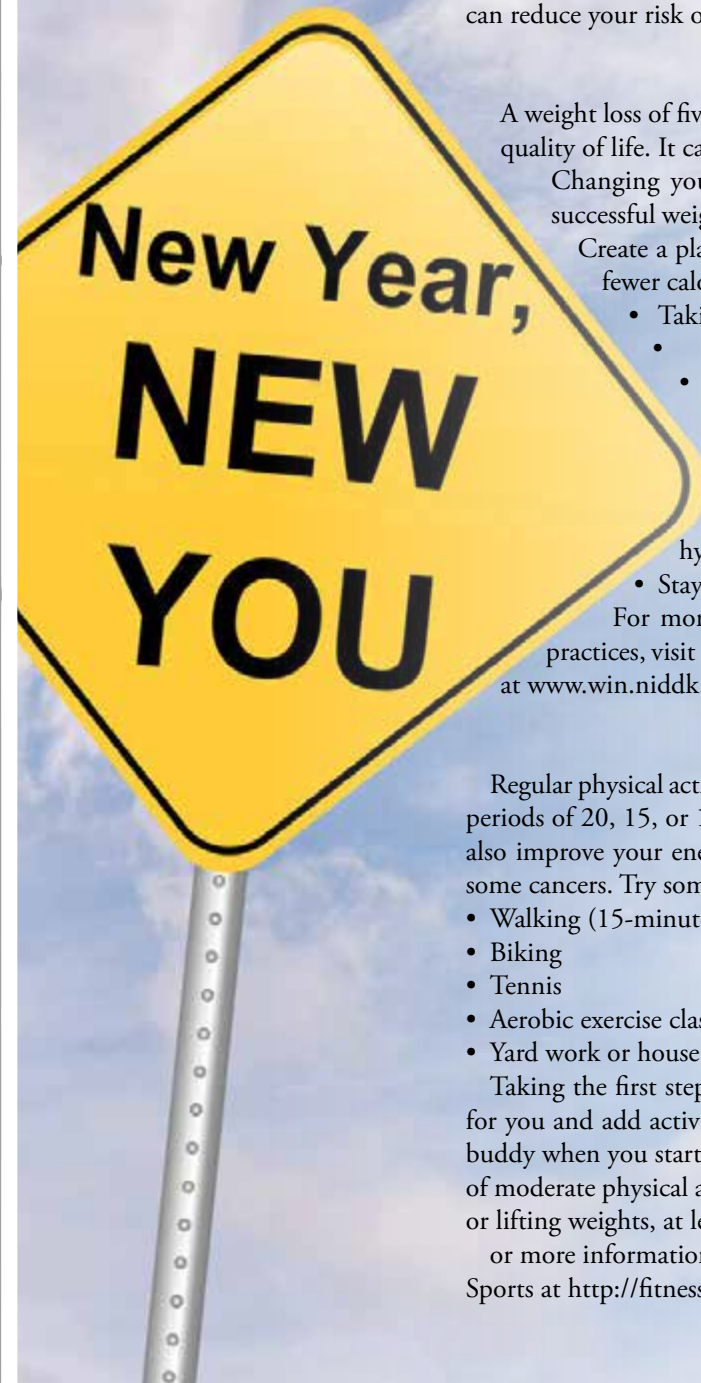
Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of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

or 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!





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THYROID CONDITIONS ON THE RISE IN THE U.S.

Take this True/False Quiz to Learn More About the Thyroid

JANUARY IS THYROID AWARENESS MONTH

Tired? Sluggish? Unexplained weight gain or weight loss? It could be your children wearing you out, or the natural effects of aging--or it could be a treatable condition caused by the thyroid.

Approximately 27 million Americans suffer from thyroid diseases, and the vast majority of them are women.

"We're diagnosing more thyroid disease now than 20 years ago," says Dr. Tira Chaicha-Brom, an endocrinologist with Texas Diabetes and Endocrinology.

The thyroid is a small, butterfly-shaped gland at the base of the neck that regulates metabolism. When it's not working properly, the symptoms often mimic other conditions, and thyroid problems can go untreated.

Take this True/False quiz now to find out how much you know about the thyroid.

1. *The symptoms of the two main types of thyroid disease are the same. T/F?*

FALSE: The two major types of thyroid disease are an overactive thyroid, called hyperthyroidism, and underactive thyroid, called hypothyroidism.

"If you have an overactive thyroid, you have an increased metabolism," explains Dr. Chaicha-Brom. "You may have heart palpitations, excessive sweating, diarrhea, anxiety, insomnia, and even unexplained weight loss."

The other type of thyroid disease – an underactive thyroid or hypothyroid – causes symptoms including fatigue, dry skin, unexplained weight gain, constipation, and increased sensitivity to cold.

2. *Medication is the main treatment for thyroid disease. T/F?*

TRUE: The main treatment for hypothyroidism is thyroid medication. Levothyroxine, the medication used for hypothyroidism, is the third most commonly prescribed medication in the US. Hyperthyroidism can be treated with medication, surgery, or radioactive iodine.

3. *Thyroid cancer is on the rise in the United States. T/F?*

TRUE: Not only is thyroid disease being diagnosed more often, thyroid cancer is on the rise. The American Cancer Society estimates that 60,000 new thyroid cancer cases will be diagnosed in 2013.

The chance of being diagnosed with thyroid cancer is now more than twice what it was in 1990. Some of this is due to increased detection with thyroid ultrasound, which can detect small cancerous thyroid nodules that might not have been found before.

4. *Thyroid surgery is always necessary for thyroid nodules or lumps. T/F?*

FALSE: Thyroid nodules, (thyroid lumps or growths), are common and are often benign or non-cancerous and may not require removal. But nodules should be checked since thyroid nodules can sometimes be cancerous.

"Up to 40 percent of the population will have thyroid nodules at some time, and most are non-cancerous," says Dr. Chaicha-Brom. "The size of the nodule, how it looks on ultrasound, and the patient's risk factors for thyroid cancer all determine how physicians treat the nodule."

HOW DID YOU SCORE?

Don't worry if you didn't know all the answers. Not that many people understand this unusual gland. But it's important to talk to your physician about any troubling symptoms. Not only do patients feel better after treatment, they also can prevent long-term damage to their bodies due to untreated thyroid disease. Obesity, eye problems, heart disease, high/elevated cholesterol levels, and an enlarged and painful thyroid called a goiter may occur without treatment.

Texas Diabetes and Endocrinology helps people with a variety of health problems, including diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Northwest Austin and Round Rock. For more information, visit texasdiabetes.com or call 512-458-8400.



GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home—it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.

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Primrose School of Lake Houston

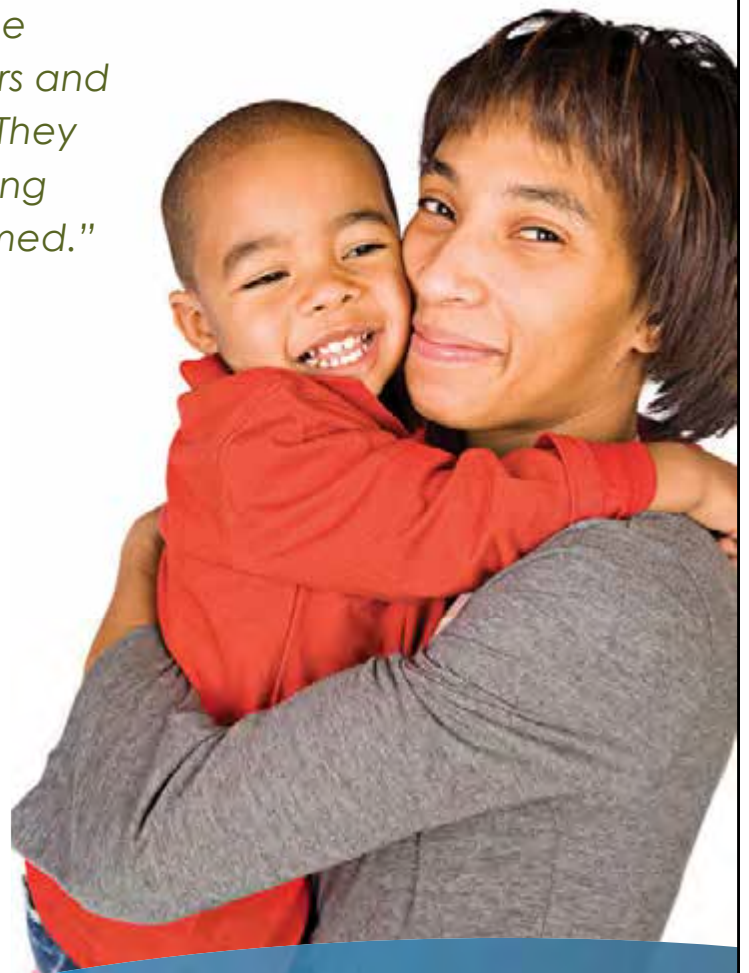
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- Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it.

Then Doug went back into the hallway and stood there staring up at the hall light.

Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep.

Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning.

Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action.

Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions

should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD Date reviewed: February 2008
Originally reviewed by: Michael H. Goodman, MD

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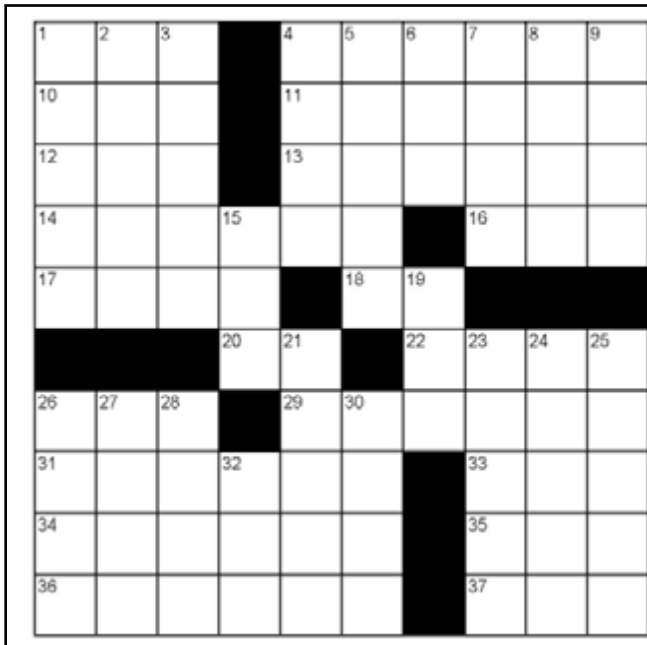


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4. Beats it!
10. Hotel
11. Flower child
12. Certified public accountant
13. White fur
14. Breath mint
16. Rescue
17. Opposed
18. Scottish "one"
20. Acidity
22. Corn syrup brand
26. Insane
29. Angry
31. Relating to horses
33. Kimono sash
34. National capital
35. Reverend (abbr.)
36. Bath powder
37. East northeast

DOWN

1. Formal statement
2. Remove pins from
3. Playact
4. Popular stadium
5. Approximate date
6. Revolutions per minute
7. Capital of Western Samoa
8. Short
9. Origination
15. Lean
19. Stretch to make do
21. Large eastern religion
23. Before
24. Hot sandwich
25. ___ Oyl (Popeye's girlfriend)
26. Soften cheese
27. Greenish blue
28. Twofold
30. Stack of paper
32. Business abbr.

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