

THE TIMES

NEWS FOR THE RESIDENTS OF BRIDGELAND

April 2014

An Independent Publication Serving the Bridgeland® Community

Volume 8, Issue 4



Where can you find live entertainment, 4,000 people, 1,000 pounds of brisket and sausage, 1,600 slices of cheese, 2,000 hot dogs and hamburgers, a petting zoo, games and activities for the kids, auctions, and the largest yard sale west of the Mississippi? Where else but Boys and Girls Country's annual Spring Festival! People from Houston and the surrounding areas will make the annual pilgrimage Sat., May 3 from 10 a.m. to 4 p.m. to the Boys and Girls Country main campus in Hockley, TX for fun, food and festivities in support of children.

"All of the dollars raised at Spring Festival enable us to provide a great Home for our 88 children along with supporting 14 young adults in our College and Career program," says John Nesser, Spring Festival co-chair. "This year is going to be our largest and most exciting Spring Festival ever with many new additions for the whole family to enjoy," says Cynthia Nesser, Spring Festival co-chair.

Boys and Girls Country provides a stable Christian home environment for children from families in crisis representing 11 counties in the greater Houston area, raising them to become self-sustaining and contributing adults. Our vision is that every child has a place to grow up and a sense of being home.

WHO

Boys and Girls Country

WHAT

2014 Spring Festival

WHEN

Sat., May 3, 2014, 10 a.m. to 4 p.m.

WHERE

Hockley, TX 77447

COST

Free admission

\$8 for adult lunch plate

\$6 for child (12 and under) lunch plate

\$15 all-day activity pass (ages 12 and under)

\$1 booth tickets

WEBSITE

www.2014springfestival.org

IMPORTANT NUMBERS

BRIDGELAND COMMUNITY ASSOCIATIONS (HOA)

16902 Bridgeland Landing
Cypress, TX 77433
281-304-1318

General Manager

Melissa Hargrove mhargrove@pcmi-us.com

Assistant Manager

Cris Pulatie cpulatie@pcmi-us.com

Activities Director

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Administrative Assistant

Ann Klak annklak@pcmi-us.com

Community Administrator

Denise Saxton dsaxton@pcmi-us.com

EMERGENCY NUMBERS

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Ambulance 911
Harris County Sheriff 713-221-3300
Cy-Fair Volunteer Fire Dept. 281-550-6663

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North Cypress Medical Center 832-912-3500
Willowbrook Methodist 281-477-1000

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Warner Elementary School 281-213-1650
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THE TIMES

A newsletter for Bridgeland residents.

The Times is a monthly newsletter mailed to all Bridgeland residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it bridgeland@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. *Our goal is to keep you informed!*

Advertising Information

Please support the businesses that advertise in The Times. Their advertising dollars make it possible for all the Bridgeland residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

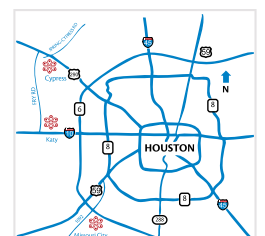


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Cypress Woods Annual Athletic Booster Club GOLF TOURNAMENT

This year's event will be held Friday, April 25th at the well-manicured Longwood Golf Club in Cypress, Texas. Registration & warm – ups begin at 11:30 pm, with shotgun start at 1 pm.

The cost for this event is only \$125 per player; \$500 per foursome. This price includes entry into all events, 18 holes of golf, riding cart, lunch, dinner and various awards. There will be an awards presentation and dinner directly after golf at the Longwood Golf Club Pavilion.

To help us properly plan for this event, and for additional information, please go to <https://www.cywoodsathletics.org>

Golf attire is required. Collared shirts and slacks or shorts. No steel spikes are allowed on the course.

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VOLUNTEERS AND INTERNS NEEDED.

Altus Hospice is looking for awesome, loving, and caring volunteers to help with several programs.

PATIENT CARE VOLUNTEERS

Have you ever felt like your calling or passion in life is to work with terminally ill patients? If so we have a volunteer opportunity working with patients and their families . approaching the end of life.

With just a couple of hours a week, you can really make a difference in the life of our terminally ill patients and their loved ones. Many enjoy to sit outside in the fresh air or in their room and share stories about their life: Others are more hands on and enjoy reading, puzzles, watch football/basketball games or play other games, like Bingo and Dominos.

ADMINISTRATIVE VOLUNTEER

The administrative volunteer serves as an integral member of the

Hospice interdisciplinary team in our office in The Woodlands area. Office support volunteers perform duties such as, filing, copying, answering the telephone, mail-outs, and inventory control of medical supplies.

Volunteers are crucial for these programs to succeed! Volunteers must be reliable, motivated, and flexible. Training will be provided. (Qualifies for In Service Credits) Background check will be required. There is no charge for this.

Get involved and be a blessing to someone by taking advantage of this wonderful opportunity. Please leave your name and telephone number.

FOR MORE INFORMATION PLEASE CALL:

Altus Hospice Leanne Crowe, Volunteer Coordinator 713-382-7934, or email me at lcrowe@altushospicecare.com.

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Texas A&M University Traditions Council to speak to
**NORTHWEST HARRIS COUNTY
 AGGIE MOM'S CLUB**

**Northwest Harris County Aggie
 Moms to Award Scholarships**

Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, April 8, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. You will want to find out which deserving students will be awarded the 2014 scholarship awards and learn how these scholarships impact the Aggie experience. NWHC Aggie Moms Club members will also vote on which Texas A&M student organizations they would like the club to support. All meetings are open to the public and prospective students, current students and Aggie families are always welcome!

Mark Your Calendars!

Parents Weekend- April 11-13th-Parents' Weekend is a cherished Aggie tradition honoring Aggie moms and dads since 1919. Among the many weekend activities is the popular Aggie Moms' Boutique, a gift and craft fair held on April 11 and 12 in the Memorial Student Center at Texas A&M. Check out our booth! We will be selling our Tradition beads! For more information on the scheduled parents weekend events go to <http://parentsweekend.tamu.edu/node/38>.

Aggie Muster-April 21st- Aggies around the world will join together for Muster to honor Aggies who are no longer among us. Muster is a day celebrating the camaraderie and the friendships, the triumphs and the defeats, the legacies and the impact that Texas A&M University has made, and continues to make, in all of our lives. This year, the NWHC Aggie Moms will join the CyFair A&M Club at Sterling Golf Club, 16500 Houston National Blvd, Houston, TX 77095 at 5:00 PM for this time-honored tradition. For more information go to <http://www.cyfairags.org/cy-fair-aggie-muster/>

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. Refreshments are available at 6:45! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.

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Wine Fair Cy-Fair

TICKETS AND INFORMATION

Must be 21 or older to attend. Online tickets available at www.winecyfair.com

WINE FAIR CY-FAIR

Saturday, April 5, 5:30 p.m. – 8:30 p.m.
Cypress Village Station (Hwy 290 and Skinner Road)
\$25 general admission
\$65 VIP Premium Wine Lounge
All That Sparkles - \$20 pre-party ticket add on

ONE FINE AFFAIR

Friday, April 4, 7:00 p.m. – 10:00 p.m.
Northwest Forest Hotel and Conference Center
“The Settlement House”
12718 Telge Road | Cypress, TX 77429
\$100 (limited to 150 guests)

MORE FOOD, NEW WINES & EXPANDED BEER GARDEN

Based off two successful sell out years, Wine Fair Cy-Fair weekend returns April 4-5. Co-presented by H-E-B and Momentum Jersey Village Volkswagen, Wine Fair Cy-Fair features 150 wine selections, 20+ restaurant and food tasting tables serving signature specials, a Home Zone, a Relaxation Zone and the Aruba Live Music stage. Wine Fair is a community-wide party benefitting Reach Unlimited.

The third-annual Wine Fair Cy-Fair features the expanded Backyard Grill Beer Garden to showcase craft beer offerings and signature nibbles from Backyard Grill and Backyard Smokehouse. All the local favorites will be there: Brazos Valley, Karbach, Rahr & Sons, St. Arnold and others; along with beers from brewers outside of Texas.

“Even though it’s in the middle of a wine fest, it’s amazing how many people come to the beer garden,” said Mark McShaffry, owner of Backyard Grill. “And this year we’re making it bigger and better.”

“Based on the response from the first and second Wine Fair Cy-Fair

(Continued on Page 9)



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WINE FAIR CY-FAIR (Continued from Page 8)

events, we knew the community would be responsive to this type of event. And it just continues to grow,” said McShaffry, a member of the Cy-Fair Chamber of Commerce’s Board of Directors. “This has been a great event for the chamber and for the community. Everyone loves it and has a great time.”

Weekend festivities kick off with One Fine Affair on Friday, April 4, at the Settlement House at Northwest Forest Conference Center with fundraising for Reach Unlimited featuring a wine pull, gift baskets, restaurant certificates and great swag donated by local businesses. Restaurant sampling at One Fine Affair are compliments of Mezzanotte Ristorante Enoteca, Piqueo Restaurant and Bar, Merche’, gourmet selections from H-E-B, offerings from Northwest Forest Catering and Events and sweet treats from La Madeleine Country French Café. One Fine Affair is limited to only 150 guests.

All that Sparkles, sponsored by Next Level Urgent Care will start Saturday festivities from 4:30 to 5:30 p.m. at Cypress Village Apartment Homes, for a pre-event effervescent party, delighting guests with French champagnes, sparkling wines and culinary treats. Cost add-on is \$20. For the pampered treatment, The Loken Group VIP Premium Room boasts relaxed seating, restroom facilities and great views along with premium wine selections and delicious food offerings provided by La Madeleine Country French Café.

The main Wine Fair Cy-Fair event will be packed with engaging

experiences and displays from local artisans. Guests will sway and dance the night away to the captivating tunes of the Robert Hartye Band. The vendor village will offer art, jewelry and everything in between. Saturday’s event is limited to 2,500 entrants. Last year, all Wine Fair events sold out.

Wine Fair Cy-Fair is a collaboration between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions, the organization that produces the world-class Wine & Food Week in The Woodlands, Brewmasters Craft Beer Festival, Zest in the West, Katy Sip n Stroll, the wildly popular Haute Wheels Houston THE Food Truck Festival and the newly announced Big Brew Houston Craft Beer Celebration in the George R. Brown Convention Center.

“This is a unique, once-a-year opportunity for the community to come together to socialize and have a great time while enjoying high-quality wines, craft beers and foods,” said Founder & Co-Producer Constance McDerby. “And we get to benefit a worthy cause by helping to support a local community partner through Reach Unlimited.”

Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce, said, “The first two years of this great event were huge successes – better than we could have hoped for. And really, we expect this year to be even more fun and successful. As a Chamber, our focus is on the community, and we’re proud to present this type of community-wide event.”

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THE NEW MISS CY-FAIR HOUSTON 2014 IS CROWNED

AND READY TO REPRESENT CY-FAIR AT MISS TEXAS IN JULY!

On Saturday, February 15, 2014, the Miss Cy-Fair Houston Organization held the 5th annual Miss Cy-Fair Houston Pageant. For the 2nd year in a row, the Miss division (ages 18-24) is an official prelim for the Miss America and Miss Texas Organization, and the 2014 Miss Cy-Fair Houston will represent the Cy-Fair community at Miss Texas.

On Saturday night, Callie Thompson captured the crown of Miss Cy-Fair Houston 2014 and earned a \$1000 scholarship from LoneStar College Cy-Fair. She wowed the judges in personal interview, swimsuit & fitness, evening gown, on-stage question, and talent competition. She won each category and performed a lyrical dance to "Via Delarosa" for her talent.

Callie is a Cy-Fair native and graduated from Cy-Springs High School. She earned her bachelor's degree from Texas A&M University's Mays Business School and plans to earn a Master of Science in Human Services with a concentration in Organizational Management and Leadership.

Callie's personal platform is "Living without Limitations: Moving Beyond Your Own Challenge". She was diagnosed with asthma at 2 years of age and has struggled both physically and emotionally to overcome and live with her illness. Through her love of dance and her determination, she has not allowed her life-threatening illness to define or limit her possibilities and opportunities. Through her platform, Callie hopes to encourage children in Cy-Fair and throughout Texas to live without limitations and move beyond their own personal challenges in order to pursue their own dreams and passions.

In addition to serving the Cy-Fair community, Callie will compete on the Miss Texas Stage in July. If she becomes Miss Texas, she will represent our community and state at the historic and iconic Miss America Pageant, which will air live on ABC on September 14, 2014. "I couldn't be more thrilled to win the title of Miss Cy-Fair Houston. It is an honor to compete at Miss Texas, and an even bigger honor to do it representing your hometown community. I am looking forward to serving the Cy-Fair community this year and making Cy-Fair proud at Miss Texas," says Callie.

For more information on Miss Cy-Fair Houston 2014, Callie Thompson, or to request an appearance or autographed picture, please visit www.misscyfairhouston.com/meetmisscyfairhouston

Many local Cy-Fair businesses have supported the Miss Cy-Fair Houston Pageant and Callie as she begins her journey to Miss



Texas. Some of these local businesses and organizations include Longoria Dentistry, Lonestar College Cy-Fair, Sweet & Sassy, The Colour Bar: A Cynthia Diersen Salon, The Cypress Academy of Performing Arts, Kids R Kids, Buttercup Tans, Your Community Magazine, Mitchell Alexander Photography, MK Floral Designs, McCall Gibson Swedlund Barfoot PLLC, Queen B's Dowry, Muzzie's Couture, Consolidated Mills, and Chelsea B Cosmetics.

The Miss Cy-Fair Houston Pageant is a not-for-profit organization aimed at raising scholarship for young women. Its mission is to encourage scholarship, service, style, and success, and to empower young women and girls to become positive leaders, mentors, and role models in our community. For more information on the Miss Cy-Fair Houston Organization, please visit www.misscyfairhouston.com

ADDITIONAL INFORMATION ON MISS TEXAS

An official preliminary to the Miss America Scholarship Pageant, the Miss Texas Pageant, Inc. has a rich history of empowering young women to achieve their dreams and goals. Larger than the young women who have held the title of Miss Texas is the volunteer team and "pageant family" who have dedicated their lives to ensure these young women have every opportunity available to them through this transformational pageant system.

ADDITIONAL INFORMATION ON MISS AMERICA

The Miss America Organization is one of the nation's leading achievement programs and the world's largest provider of scholarship assistance for young women. Last year, the Miss America Organization and its state and local organizations made available more than \$45 million in cash and scholarship assistance. This assistance is not just for the handful of young women who become Miss America, but is available to the over 12,000 young women who compete in the state and local competitions as well.

DID YOU KNOW?

Kaye Lani Rae Rafko, a young woman from the small town of Monroe, Michigan, entered a Miss America local competition to earn scholarship money to pay her nursing school bills. To her surprise, she captured not only a local and state title, but was ultimately named Miss America 1988. Kaye Lani used the scholarship money she earned as Miss America to pursue an advanced degree and fulfill her dream of opening a hospice for the terminally ill in her hometown.

Empty Nest Chance To Chase Forgotten Dreams

Middle age woes are hard enough to deal with, but throw in empty nest syndrome and it is a recipe for potential depression. Psychologists at Baylor College of Medicine in Houston say not to look at it as an ending, but as the beginning of a new stage in life with more time to travel, develop new hobbies, rediscover forgotten dreams and get to know your spouse all over again.

"Parents have channeled all of their energy into their children for so long they may not know what to do with their time once they leave," said Dr. James Bray, associate professor of family and community medicine at BCM.

Empty nest syndrome often leads to divorce, but parents should assume that leaving your spouse will make the unhappiness go away.

"Marriage takes time and energy, so make the effort to get reacquainted," Bray said.

Talk with friends to reevaluate goals and take note of some lifelong dreams you haven't had time to accomplish, said Bray. There may be more time to take dance classes, travel, exercise or go back to college to retool skills. The empty nest transition usually lasts six months to a year, depending on how well parents can adjust to their newly found freedom.



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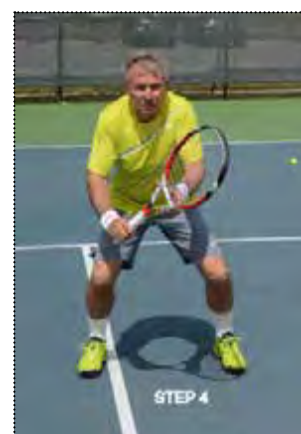
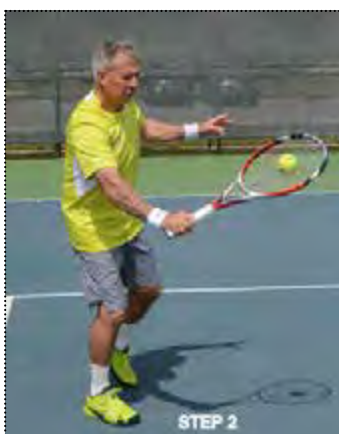
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Backhand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob, the one-handed backhand lob and the forehand drop shot.

In this issue, I will offer instructions on how to execute the Backhand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, he/she will most likely be off balance and will be forced to commit an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club,

shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando realizes that the ball will landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is holding the throat of the racket.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand pulling back to keep the center of gravity in the center and his weight is shifting toward his right foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening backwards and his eyes are following the path of the ball.

DON'T BE SIDELINED BY HEARTBURN

With college basketball's March Madness comes plenty of dribbling and dunking – both on the court and on the couch or at the local sports bar. But following a few tips from Dr. Wagar Qureshi, associate professor of medicine and chief of endoscopy at Baylor College of Medicine, means basketball fans won't have to worry about heartburn and can concentrate instead on those all-important brackets.

-Sit up. Lying down or reclining after a meal makes it easier for stomach acid to move up into the esophagus, causing heartburn.

-Eat in moderation. If you can't give up cheesy nachos, then say no to hot wings, or else eat smaller portions.

-If you know a particular food triggers heartburn, Qureshi suggests avoiding it altogether.

-Wear loose-fitting garb.

-Take an over-the-counter antacid for fast relief.

If you find yourself taking antacids three or more times a week, your heartburn is more than just game-related. Frequent symptoms could signal chronic Gastroesophageal Reflux Disease (GERD), which afflicts more than 7 million Americans annually.



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Choosing a Summer Camp

By David Ettenberg, co-owner of Camp Shane

Summer camps come in a wide variety of interests and themes -- from music and sports camps to weight-loss and peace corps camps -- there is a camp for every child who has ever said, "I'm bored." How do parents sort through them all to find the right one for their child? Dave Ettenberg, co-owner of Camp Shane (a weight-loss camp for kids), recommends that parents consider these six guidelines before registering your child.

1. The Staff What are the camp's hiring procedures? Do they check references and run complete background checks? Also - many camps hire teens as junior counselors, which can be a wonderful experience for all, but it can cause problems if the camp relies too heavily on this cheaper workforce. It is important that a number of experienced adult staff members are on hand to deal with any problems that may arise. Also, ask to speak to the camp's director, he or she sets the tone for absolutely everything and will be able to give you an immediate sense of the camp's culture.

2. Referrals Get them, but get meaningful ones. Don't make the common mistake of relying solely on the names offered to you by the camp--these are typically hand-selected and will undoubtedly be positive. Instead, try to get five names of families that live within 20 minutes from you to ensure a more random sampling. It's ideal if you can ask someone you know whose child has attended the camp. If you don't know anyone personally, ask around in your community, chances are you'll find people.

3. Healthy Atmosphere If possible, try to visit the camp during the summer while in session to ensure there is an active, "happy" atmosphere, with a non-cliquey and non-threatening environment. It should be a place where your child can find strong support and make lifelong friends. Also, ask about the kind of food that is served at the camp--make sure they provide healthy, balanced meal options. You would be shocked to see what's on the menus at some "reputable" camps.

4. Marketing Materials Read all marketing materials carefully. If they are sloppy and unimpressive it may reflect how they run the camp. On the flipside, beware of materials that appear super-slick; a surprising

number of camps are now owned by corporations or investors who produce the marketing materials but have zero contact with your child. Look for realistic reflections of the camp and specific information that will give you insight to determine if the camp's philosophy, people and procedures will create the best experience for your child. Also, make sure to read the fine print; some weight-loss camps in particular advertise insurance reimbursements -- but check with your particular carrier, as this is often times not the case.

5. The Facilities Are the buildings in good repair? Has everything been freshly painted? Has the grass been cut? Chances are if they don't take care the facility, they won't do such a good job with your child.

6. Kid's Choice Make sure to keep your child involved with the decision-making process. He or she needs to be comfortable with the camp, or the experience won't be optimal. Also, does your child want to focus in on a special skill or sport? Be sure to consider his or her specific interests and needs. State-of-the-art athletic fields are great but they won't do anything for a kid who loves music.

Taking time to research summer camps is key to ensuring a fun, safe, and enriching environment for your children - but it doesn't have to be overwhelming," said David. "By focusing your search based on a few key factors and by asking the right questions, you can easily find a great match that suits your child's particular needs."

ABOUT CAMP SHANE.

For more than 45 years, David Ettenberg's family has owned and operated Camp Shane, successfully helping children shed pounds and establish a healthy, confident lifestyle at Camp Shane (www.campshane.com) Currently Camp Shane operates in Georgia, New York, California and Arizona; Camp Shane Texas will open this summer in San Antonio. Kids shed unwanted pounds, gain self-esteem and learn how to live a healthy lifestyle while having a blast. An average weight loss for campers is 10-15 pounds in three weeks; 20-25 pounds in six weeks; and 30-35 pounds in nine weeks. For more overweight campers, it is not unusual to lose more than 50 pounds over the summer. Camp Shane has been featured in all national media, including NBC Nightly News with Brian Williams, 20/20, Oprah, Dr. Phil, MTV and Family Circle.



BLOOD PRESSURE

TAKE CONTROL OF THE SILENT KILLER

High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



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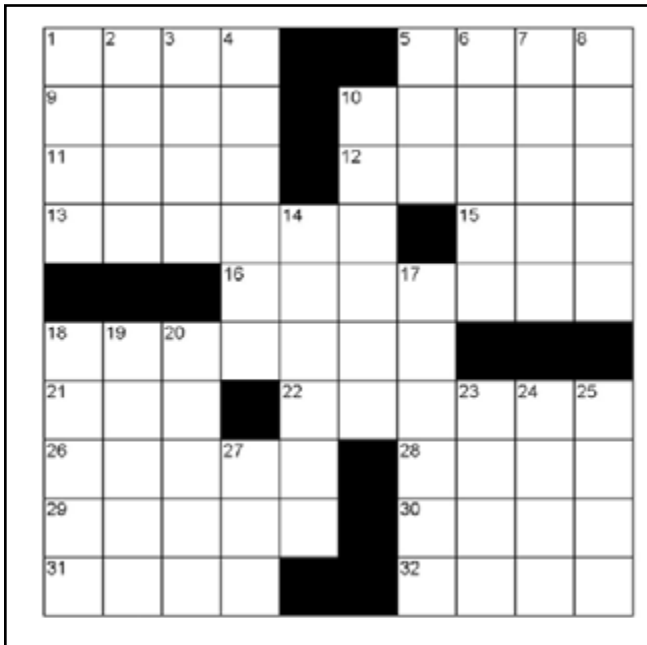
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32. Nightly tv show

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When it's hot outside and you've been sweating, you get thirsty. Why? Thirst can be a sign of dehydration (say: dee-hye-DRAY-shun). Dehydration means that your body doesn't have enough water in it to keep it working right. A person gets water by drinking and eating. You lose water when you sweat, urinate (pee), have diarrhea, or throw up. You even lose a little water when you breathe. Our bodies need water to work properly. Usually, you can make up for the water you lose — like when you come in from outside and have a long, cool drink of water. If you don't replace the water your body has lost, you might start feeling sick. And if you go too long without the water you need, you can become very ill and might need to go to the hospital.

WHY AM I DEHYDRATED?

Many times kids get dehydrated when they're playing hard and having fun. Have you ever gotten really sweaty and red-faced when you've been playing? This often happens when it's hot outside, but it can happen indoors, too, like if you're practicing basketball in a gym. Kids also can get dehydrated when they're sick. If you have a stomach virus, you might throw up or have diarrhea (say: dye-uh-REE-uh) or both. On top of that, you probably don't feel very much like eating or drinking. If you have a sore throat, you might find it hard to swallow food or drink. And if you have a fever, you can lose fluids because water evaporates from your skin in an attempt to cool your body down. That's why your mom or dad tells you to drink a lot of fluids when you're sick.

SIGNS OF DEHYDRATION

In addition to being thirsty, here are some signs that a person might be dehydrated:

- feeling lightheaded, dizzy, or tired
- rapid heartbeat
- dry lips and mouth

Another sign of dehydration is not peeing as much. Normally, urine should be a pale yellow color. Dark or strong-smelling pee can be a sign of dehydration.

WHAT TO DO

If you can, try not to get dehydrated in the first place. If you're going to be going outside, it's a good idea to drink water before,

during, and after you play, especially if it's hot. Dehydration can happen along with heat-related illnesses, such as heat exhaustion and heat stroke. In addition to drinking water, it's smart to dress in cool clothes and take breaks indoors or at least in the shade.

If you're sick, keep taking small sips of drinks like water or diluted juice, even if you're not that thirsty or hungry. Eating an icepop is a great way to get fluids. How is an icepop a liquid? Well, it's basically frozen water and flavoring. The warmth in your mouth and stomach turns it from a solid to a liquid. Other foods, such as fruits and vegetables, contain water, too, but if your stomach is not feeling well you might not be ready for them.

DO I NEED A DOCTOR?

Some cases of dehydration can be handled at home. But sometimes, that isn't enough to get a kid feeling better. A kid may need to go to the doctor or emergency room if he or she has a heat-related illness or a virus with vomiting or diarrhea that just won't quit. At the hospital, the good news is that an intravenous (say: in-truh-VEE-nus) (IV) line can get fluids into your body fast. An IV line is a special tube (like a very thin straw) that goes right into your vein, so the liquid goes right to where your body needs it most. It may pinch a little when the nurse is inserting it, but it will help you feel much better.

THIRST-QUENCHING TIPS

So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst, and maybe a little extra if you're sick or if you're going to be exercising.

The best drink is water, of course, but milk is another great drink for kids. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water should be considered the drink of champions. Limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks contain a lot of sugar that your body doesn't need. Some of them also contain caffeine, which can cause you to urinate (pee) more often than normal. In other words, it tells your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

Reviewed by: Mary L. Gavin, MD Date reviewed: July 2013

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\$451,000--\$499,999	3	2	1	2	1	0	2	0	0	0
\$351,000--\$450,999	19	11	5	4	6	4	2	3	3	2
\$276,000--\$350,999	6	6	6	6	3	4	4	7	4	4
\$231,000--\$275,999	3	3	3	2	4	1	4	5	1	5
\$201,000--\$230,999	2	1	2	0	0	1	0	2	0	0
\$200,999 and below	0	2	0	0	0	1	0	0	0	0
Total	34	26	19	17	16	12	15	19	9	13
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