

THE TALON

April 2014

Official Publication of the Eagle Springs Community Association

Volume 6, Issue 4

COMMUNITY CALENDAR APRIL 2014

- 2..... *Twin Villas HOA Meeting*
7-8:30 / Valley Springs Clubhouse
- 5..... *Spring Egg-stravaganza*
9 am – noon / Sports Complex and Soccer Fields
- 5..... *Eagle Springs Flyers Registration*
9 am- noon / Athletic Clubhouse
- 8..... *Book Club*
8 pm / Athletic Clubhouse
- 9..... *Pool Card Processing*
6 – 8:30 pm / Athletic Clubhouse
- 10..... *Pool Card Processing*
6 – 8:30 pm / Athletic Clubhouse
- 10..... *NVR Meeting*
7 pm / Valley Springs Clubhouse
- 11..... *Scrapbook Club*
12 – 10 pm / Athletic Clubhouse
- 15..... *Pool Card Processing*
6 – 8:30 pm / Athletic Clubhouse
- 16..... *Pool Card Processing*
6 – 8:30 pm / Athletic Clubhouse
- 17..... *Safety Advisory Committee Meeting*
7 pm / Valley Springs Clubhouse
- 19..... *Eagle Springs Flyers Registration*
9 am- noon / Athletic Clubhouse
- 21..... *Sports Field Committee Meeting*
7 pm / Valley Springs Clubhouse
- 26..... *Community Garage Sale*
8 am- noon
- 28..... *Landscape Committee Meeting*
7 pm / Valley Springs Clubhouse



REVISED OFFICE HOURS

Our office hours have changed! Please observe the following changes:

Mondays 1 pm- 6 pm
Wednesdays 3 pm – 8 pm
Saturdays 9 am – 1 pm

The Onsite Office is located inside the Athletic 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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Advertising advertising@PEELinc.com

Need a New Pool Card?

DATES RELEASED

The Pool Committee and several volunteers will be at the Athletic Clubhouse (17821 Eagle Springs Parkway) to issue pool cards to all residents needing pool cards. You will need a new pool card if you are a new resident (including new members of your family) or if you do not have available space at the bottom of your existing pool card for a 2014 sticker. These days are designed to allow all residents to receive new cards during the times allotted. Ample times are available so residents are encouraged to use these times to avoid long lines.

- ✓ April 9 (Wednesday) 6 to 8:30 pm
- ✓ April 10 (Thursday) 6 to 8:30 pm
- ✓ April 15 (Tuesday) 6 to 8:30 pm
- ✓ April 16 (Wednesday) 6 to 8:30 pm
- ✓ May 3 (Saturday) 8 am to 12 pm
- ✓ May 10 (Saturday) 8 am to 12 pm
- ✓ May 14 (Wednesday) 6 to 8:30 pm
- ✓ May 15 (Thursday) 6 to 8:30 pm

If residents only need a sticker (you must have an open space at the bottom of the card that says 2014), this may be done as early as March 15 during office hours. New pool cards are subject to availability during office hours due to other priorities and tasks of the office staff during that time. Please choose a time above that meets your family's schedule best.

GETTING A NEW CARD?

- ✓ Everyone getting a card must appear in person
- ✓ Cost \$2 for each card needed (check and cash only)
- ✓ Show proof of residency (driver's license or bill showing ES residence) for every adult
- ✓ Must be in good standing with the HOA (annual fees paid)
- ✓ Current lease documents should be provided if you do not own the home in ES

VALIDATING AN EXISTING CARD?

- ✓ Only one family member needs to be present but must present all cards
- ✓ No charge for validation
- ✓ Must be in good standing with the HOA (annual fees paid)
- ✓ Current lease documents should be shown if you do not own the home in ES

If you would like to volunteer to help the Pool Committee, please email Pool.Committee@InsideEagleSprings.com.

REBEKAH SNIPP

832.814.6120 - Cell

Rebekah@rebekahsnipp.com

www.rebekahsnipp.com

Better Homes and Gardens Real Estate Gary Greene

9000 Forest Crossing The Woodlands, Texas 77381

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!



This is the time of year that many of us take time to do a little spring cleaning, sprucing up the house, cleaning out the closets, add bedding plants etc. Below are some cost effective, quick easy tips.

Cleaning exterior windows and have a streak free result

1 new sponge mop, 1 new bucket, and 1 bottle lemon ammonia, water hose w/ spray nozzle

- Put ½ cup ammonia in clean bucket of water
- Dip sponge mop into bucket
- Start at top of window, quickly run mop over windows top to bottom
- Follow with quick rinse off by spraying top to bottom with water hose
- Window will dry streak free

Baseboards and Doorframes:

You may overlook these surfaces on a daily basis, but once a year, give your baseboards and door frames a good scrub-down. Wash them with a sponge and a squirt of dishwashing liquid mixed in a bucket of warm water.

Bathroom:

- Go through your medicine cabinets and safely discard any outdated products.
- Replace worn bath mats, shower curtains, and liners, or wash and dry shower curtains and liners.
- Keep your shower doors spot free by applying Rain-X several times a month. This will make the water bead up and run down

The data supports what consumers are hearing, buyer activity is up, inventory is down which creates a strong seller market. Below is a quick recap of Eagle Springs activity.

2014 – Eagle Springs Report date: January 1 – March 6, 2014

27 - Closed transactions

51 – New property listings (February 6 – March 6, 2014)

69 – Active listings (of which 31 are new construction)

41 - Pending properties (24 of the pending were listed as of or after February 6, 2014)

53 – Average Days On Market

\$285,735 – Median Price

Compared to same time in 2013 (January 1 – March 6, 2013)

39 – Closed transactions

67 – Average Days On Market

\$212,109 – Median Price

If you are considering selling your home, I appreciate the opportunity to assist you with a free market analysis. Please call or text me at 832-814-6120

A quick reminder to all area high school seniors that April 15, 2014, is the deadline to apply for the Rebekah Snipp Scholarship. There are 3 scholarships available. I have enjoyed reading the applications as they come in. Please visit my website, rebekahsnipp.com, review the details to apply and send your information to: Rebekah Snipp 9000 Forest Crossing, The Woodlands, TX 77381.

Rebekah Snipp

Building Clients For Life While Giving Back to The Community

PS Don't forget to ask me about the "Free Local Move" offer I provide to all my clients, some restrictions apply.

BETTER HOMES AND
GARDENS REAL ESTATE
GARY GREENE

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Resident of Eagle Springs



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Eagle Springs Flyers Swim Team

The 2014 season of Flyer swimming is just around the corner! We are all excited about this summer and hope to make it the best one yet!

Register online at www.eaglespringsflyers.com

Coach Pink, the head coach of the Atascocita High School Swim Team, will be returning as the Flyer's head coach! Register on-line and then come out to meet him at one of our upcoming on-site registration dates. We'll have computers available if you need to use ours to register, Swim Shops will be selling team suits & practice equipment, & you'll be able to purchase Applebee's Breakfast Fundraiser tickets.

Eagle Springs Clubhouse
9:00 am – 12:00 pm
Saturday, April 5 Saturday, April 19

The Eagle Springs Flyers is a summer league swim team comprised of children ages four to eighteen located right here in Eagle Springs. Our goal is to help swimmers of all abilities develop their swimming skills in a safe, fun, and encouraging atmosphere.

Swim team is a wonderful community sport that allows the swimmers to practice and compete with their neighbors and friends in an entertaining and exciting environment. The team has a strong foundation, and provides a safe, family-oriented neighborhood activity that focuses on individual improvement in a setting of friendly completion.

For more information, come visit with us at our registration or visit the Eagle Springs Flyers Swim Team website:

www.eaglespringsflyers.com



is April 26th from 8am - 12pm.

Time to clean out those closets! Our community garage sale will take place Saturday, April 26th from 8 am to noon. Once again, we will have our central selling location at Eagle Springs Elementary and the HAAM truck will be available at the front of the school for donations of your items that did not sell. Please make sure to have ALL donations bagged or boxed appropriately.

If you would like your name and address included on the map to distribute to buyers, please register your address on the link provided on InsideEagleSprings.com. You may also register to sell at the central location at this link as well.

Happy selling!



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2014 Pool Rules

- ✓ Obey lifeguards and other supervisory personnel. Talking with lifeguards on duty is discouraged.
 - ✓ Falsifying membership cards or sharing membership cards will result in revocation of swimming privileges for the remainder of the pool season. Valid pool ID and electronic access or key fob device required for entry.
 - ✓ Parents and guardians are responsible for their children guest in the pool area.
 - ✓ Any child 12 years of age or under must be accompanied by an adult 18 years or older.
 - ✓ Maximum six guests per family. Members must be present with guests at the pool. The first four guests are free and the next two are at a cost of \$4 each. The \$4 can be used in advance to purchase guest passes at the onsite office or by providing EXACT change to the lifeguards at the pool gates.
 - ✓ All swimmers are required to shower before entering the pools.
 - ✓ Proper swimmer is required. No thongs swimsuits, cutoffs, or inappropriate attire. Cloth or disposable diapers are prohibited. Swim diapers are required.
 - ✓ Swimmers are requested to use commercial suntan preparation only.
 - ✓ Swimmers in the water have the right-of-way.
 - ✓ Stay off ropes at all times.
 - ✓ Running or roughhousing (throwing each other, pushing, dunking, getting on each other shoulders, excessive splash fights, dogfights, etc.) are not allowed.
 - ✓ Flips from the side of the pool or off the diving board are not allowed.
 - ✓ Flotation items for swimming pools are allowed, but restricted to small size tubes and floats worn on the body. Noodles are permitted for flotation, but no rough housing with noodles will be permitted.
 - ✓ Soft foam balls and frisbees specifically designed for pool use and beach balls may be used at the lifeguard's discretion. Water guns and "non-pool specific" balls or frisbees are not allowed. Pets are not allowed in the pool area.
 - ✓ Loud, abusive, or foul language is prohibited. At the first indication of any abusive language towards a lifeguard, the patron will be asked to leave the facility. Constables will be called to escort a patron out if needed.
 - ✓ Loud music in pool area is prohibited.
 - ✓ Glass containers or alcoholic beverages are not allowed inside the pool facility.
 - ✓ Chewing gum is not permitted inside the pool facility.
 - ✓ NO SMOKING is allowed inside pool facility at any time. Tobacco use is also prohibited (chewing tobacco, etc.)
 - ✓ Swimming with an open sore or communicable disease is prohibited.
 - ✓ One long whistle blast means clear the pool! Clear the pool immediately when alarm is sounded. Follow instructions. Stay away from emergency locations.
- LIFEGUARDS HAVE THE ULTIMATE AUTHORITY!**
- Lifeguards are employed to ensure the safety of all swimmers. They have the authority to remove the pool facility anyone disobeying the rules or endangering the safety of himself or another person. Lifeguards have authority to suspend that person for one day. Additional violations will be turned over to the pool committee. Repeat violations may result in revocation of swimming privileges for the remainder of the pool season.
- CONTACT INFORMATION**
- Sweetwater Pool Management: www.sweetwaterpoolsinc.com
Pool Committee: pool.committee@insideeaglesprings.com
- 10 MINUTE BREAK AND ADULT SWIM POLICY**
- ✓ All swimmers must exit the pool during this break.
 - ✓ Adults only (18 and over) are allowed to remain in the pool

2014 Pool Rules

during this time and are swimming at their own risk.

- ✓ Patrons may not sit on pool steps, dangle feet in water, or throw items across the pool from the sides.
- ✓ Infants and children in parent's arms are not allowed in the pool during this time.
- ✓ This period is for the safety of the swimmers and provides a rest period for the guards. Rotation of guards and a check of the facility are completed during this time.
- ✓ During the adult swim evening hours, between 8 and 10 pm, no one under the age of 18 is allowed in the pool area. This includes sitting on a chair while a parent swims.

DIVING BOARD AND DEEP END SAFETY RULES

- ✓ All swimmers must be able to swim the length of the pool unassisted to enter the deep end.
- ✓ Diving board may only be used for swimmers that can swim to the side of the pool unassisted.
- ✓ All swimmers using the diving board must jump straight off and swim to the side unassisted.
- ✓ Only one swimmer on the diving board at a time.
- ✓ Divers must wait for the previous diver to reach the side the pool before jumping.
- ✓ No sitting, running, or hanging on the diving board.
- ✓ No arm floaties, swim vests, floats, goggles, fans or any other type of floating devices are allowed off the board.
- ✓ No swimming in the deep end unless the boards are closed.
- ✓ Swimmers in the water have the right-of-way.
- ✓ Those entering the water from the diving board or side pool must make certain no one is in front of them.
- ✓ The last 10 minutes of each hour the diving board will be closed for deep swim only.

SLIDE RULES

- ✓ Follow the instructions of the slide attendant or lifeguard at

all times.

- ✓ No running, standing, kneeling, rotating, tumbling or stopping on the slide.
- ✓ One person at a time - forming chains is prohibited.
- ✓ No jumping or diving off slide.
- ✓ Keep arms and legs inside slide at all times.
- ✓ Slide feet first and on back: no head first sliding.
- ✓ Clear the slide area promptly.

ISLAND CLUB POOL - BIG SLIDE RULES

The ESCA board, Sweetwater pool management and pool committee have discussed the large slide at the Island Club pool and determined specific rules are needed for this one slide. Due to the nature of the slide (size, flow rate of water, etc.), there are safety risks unique to the slide. After review of manufacturer's recommendations, precautions that are in place at our pools, and other rules for similar sites, the ESCA board has determined the following rules will apply:

- ✓ No flotation devices of any kind on the slide.
- ✓ All sliders must be a minimum of 36 inches tall.
- ✓ No one may catch a slider at the bottom of the slide.
- ✓ Sliders must be able to swim to the side of the pool to exit, unassisted.

PLAY STRUCTURES RULES

The play structure at Island Club pool (small slides and ladder platform area) are designed for small children. Users must be shorter than the noted sign height, or actively assisting a child shorter than the indicated height.

The seal and dolphin at the Athletic Club pool are designed for small children. Users must be shorter than the noted sign height, or actively assisting a child shorter than the indicated height.

Lifeguards may ensure safety of younger children by asking larger patrons to leave the raft and alligator at the Athletic Club pool.

EAGLE SPRINGS RECYCLING EVENT

Have you heard? Eagle Springs' Landscape & Safety Advisory Committees have teamed up to provide residents with a safe, secure, and GREEN way to recycle their unwanted or no longer needed paper & electronics. You've cleaned out those garages and tax season is over... Now it's time to de-clutter and get rid of all those old electronics and paper! And you may even win one of our great prizes for just for being green!

Saturday, May 10, 2014
Eagle Springs Sports Complex Parking Lot
17931 Eagle Springs Pkwy.
10:00am to 2:00pm

We have contracted with Shred-Pro who provided our secure paper shredding last year. They will accept all your papers and documents and shred them "on-site" so that you know they are securely destroyed and recycled. Shred-Pro asks that all binders and binder clips be removed for any materials that will be shredded. These items can cause sparks and are considered a fire hazard. Staples, paper clips, and any metal that will bend with the pressure of two fingers are perfectly acceptable.

CompuCycle will once again provide responsible electronics recycling. CompuCycle is an R2 Certified Company offering residential recycling of electronics. All data is destroyed responsibly, securely and safely! A list of items accepted for recycling will be published later on InsideEagleSprings.com.

Drive up & Drop off your paper and retired electronics!
You don't even have to get out of the car!

Prize Tickets will be given to each Eagle Springs' household that participates!

Prizes to be published later.

Questions? Safety.Committee@InsideEagleSprings.com

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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Elbow and Ankle Arthroscopy

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He is Board Certified in Orthopedic Surgery with a Certificate of Added Qualifications in Sports Medicine.

A firm believer in the continuous advancement of the orthopedic field, Dr. Goradia has taught dozens of courses and skills labs to share his knowledge and experience with other orthopedic surgeons and their assistants.

He has written dozens of articles for orthopedic journals and regularly speaks at orthopedic conferences around the country.



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There is no better time to put your home on the market than NOW! We are approaching Spring and buyers are already out searching for their next home, but finding that it is difficult with the housing inventory being so low. We NEED more listings. So if you or anyone you know are thinking about putting your home on the market, give me a call. Let me show you my proven marketing plan to get your home sold quick.

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Ladies Fashion Show and Tasting Event a Big Success



On March 1st, over 40 residents and their guests joined Dragonfly Boutique and In Color Salons to preview the trends in fashion and hair at the Valley Springs Clubhouse. Ladies tried four different wines and dined on a variety of specialty meats and cheeses provided by The Tasting Room, all while laughing and having a great time right here in the neighborhood!

Congratulations to Jennifer Gronwaldt for winning our grand prize: a free four hour rental of the Valley Springs Clubhouse. Other residents won tasting tickets to The Tasting Room, and prizes provided by Dragonfly Boutique and In Color Salons.

This event could not have taken place without the hard work of Melody Clemons and her staff at Dragonfly Boutique, and Connie Reineking and her staff at In Color Salons, so THANK YOU for all of your work! Another huge shout-out to Ashley Roe at Shades of Grey Photography (www.shadesofgreytx.com) for providing the beautiful pictures of the event. Sound was provided by TMAC Sound (www.tmacsound.com), who always takes care of our community. And lastly, thank you to our fantastic volunteers, including our beautiful models, for giving up their time to make this event run smoothly. We look forward to bringing back this successful event next year!

Dragonfly Boutique is located at 19250 West Lake Houston Parkway, in the Kroger shopping center, and In Color Salons is located at 13551 Will Clayton Parkway across from Lifetime Fitness.



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We are hiring part-time faculty in the following disciplines: Business, History, Humanities, Biology, Accounting, Speech, Engineering, English, Math, Government, Computer Science and Economics. Visit www.lonestar.edu/jobs and type Atascocita as keyword search. Most positions will begin in August.

Driver's Ed and SAT Prep for High School students is now available at the Atascocita Center. Classes and programs begin in April. SAT Prep starts April 21 and Teen Driver Education starts either April 28, June 2 or June 16. Register now to get a seat!

Get a jump start on your college career! Summer college classes begin June 2nd for Summer Term 1 and July 10 for Summer Term 2.

Discovery College for kids is now expanding to 4 weeks in Atascocita and day camps are available beginning July 7. Register early to get a spot! View the schedule and descriptions at lonestar.edu/Atascocita

Need help with your taxes? Free federal income tax preparation by the AARP Tax-Aide Service (the nation's largest free volunteer-run tax counseling and preparation service) is available on Fridays, February 7 – April 11 from 10am until 2pm in Room 224. No age or income restrictions. The Center will be closed on Friday, March 14.

Call 832/775-0800 or visit lonestar.edu/Atascocita for more information.

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SAT PREP

APRIL 21-MAY 1
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5:30-9:30PM
Room 205

TEEN DRIVER EDUCATION

APRIL 28-MAY 22
6-8PM
M-Th
Room 138

JUNE 2-26
3-5PM
M-Th
Room 209

JUNE 16-JULY 14
10AM-Noon
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First United Methodist Church, Humble, invites you to

CELEBRATE THE SEASON OF EASTER!

We welcome families and guests!

April 13, Palm Sunday

9 & 11 am & 7 pm

"The Promise" a Pageant on the Life of Jesus Christ -
Sanctuary

April 17, Holy Thursday

7 pm

Holy Thursday Service - Sanctuary

April 18, Good Friday

7 pm

Service of Healing and Hope – Historic Chapel

April 19, Saturday

10 am – 12:30 pm

"Rock & Roll" Family Easter Event: Continuous Egg
Hunt, Puppet Show, Games, Craft, Hot Dogs, Snacks
& more. For the whole family!

April 20, Easter Sunday

8:30 & 10:50 am

Easter Service of Worship - Sanctuary

*We are at 800 E Main St near downtown Humble.
For more information: Call 281-446-2332 or visit
our website at www.fumc-humble.org*

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Happy Easter!

April is associated with many holidays. It is most well-known for its religious holidays; Easter and Passover. Family visitors, church services, pastel-colored dresses, chocolate bunnies, and Easter egg hunts tie us together as a community.

For those who enjoy a good prank there's no forgetting April Fools. We also have Earth Day to remind us that we should take care of the Earth we're blessed to live on. April is also Jazz Appreciation month and you'll find concerts and festivals taking place all over the area. I think it's safe to say that April just about provides everyone an opportunity to celebrate something.

In the Real Estate community April is known for one more thing... April is the month that home owner's looking to move realize it's time to put their home on the market. If you want to sell a home and then buy another before summer has come and gone you need to act now. Buyer's moving to the area are looking for homes today so that they can likewise settle their families into a home just before or during the summer break.

2013 was a unique year where we saw Real Estate sales at record high's month after month. Though the economic state of Texas is very positive, the local Real Estate market is off by about 16%. The #1 factor leading to the decline in sales is low home inventory. While supply is low we have very high demand. This means one thing to students of economics; prices will rise and they have been steadily doing so the past year.

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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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