

THE TALON

May 2014

Official Publication of the Eagle Springs Community Association

Volume 6, Issue 5

COMMUNITY CALENDAR MAY 2014

- 3 *Pools Open for Weekends in May*
9 am / both pools
- 7 *Twin Villas HOA Meeting*
7-8:30 pm / Valley Springs Clubhouse
- 8 *ESCA Board Meeting*
5 pm / Valley Springs Clubhouse
- 9 *Scrapbook Club*
12 – 10 pm / Athletic Clubhouse
- 10 *Recycling Event*
10 am – 2 pm / Sports Complex
- 13 *Book Club*
8 pm / Athletic Clubhouse
- 15 *Safety Advisory Committee Meeting*
7 pm / Valley Springs Clubhouse
- 17 *Eagle Springs Flyer Swim Meet*
7 am / Athletic Pool
- 19 *Sports Field Committee Meeting*
7 pm / Valley Springs Clubhouse
- 20 *Landscape Committee Meeting*
7 pm / Valley Springs Clubhouse
- 26 *Splash into Summer Party*
10 am – 1 pm / Athletic Club and Island Club Pools
- 31 *Eagle Springs Flyers Swim Meet*
7 am / Athletic Club Pool



splash
into summer

Memorial Day, May 26th, 10am- 1pm

Both Pools

Games, Prizes, and DJ!

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

Peel, Inc. 888-687-6444
Advertising..... advertising@PEELinc.com



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

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

Happy Mother's Day!

On May 11th, Happy Mother's Day! This is but one of the special days we recognize in the month of May. We all have a mother in our life so please honor her on this day. Moms come in all forms from biological, to step-mom, to mother in laws, to those that have been there for you throughout your life; whether she had the title of mom or not. Being a mother is a special job created by God and necessary for life itself. Nothing can replace a mother's love. Happy Mother's Day to all mothers and acting mother's on your special day.

May 26th is a very important date to our freedom, Memorial Day. It is a special time when we remember those that paid the ultimate price for defending freedom in our country and abroad. Those that we honor on Memorial Day gave their lives to protect our freedom. My son is a Veteran of the United States Army (1st Cavalry) and did a tour in Iraq. I am thankful that he made it home, but I am reminded of several of his Army buddies that did not return. On this special day, my heart goes out to those that have lost love ones in the military over the years. May the memories help you through this time and support you in our nation's remembrance on Memorial Day. In honor of our military sacrifices please consider supporting the Wounded Warrior Project at wvp.org.

Many graduations take place in May as well, from kindergarten to college and each being a special milestone. Cherish each accomplishment as each has its' own significance in our individual and family lives. Hard to believe it was 30 years ago that I graduated high school. May each of you have continued success as you embark on a new journey after graduation throughout life.

In real estate May is a month that buzzes with activity as people move in and out of new homes. Buyer activity remains strong while inventory continues to shrink. We continue to see multiple offer situations in several price ranges, creating record breaking prices and short days on market across the city. If you have been considering selling, now is a great time to get your home on the market. Give me a call today to schedule a time to visit in person about putting together a plan of action for your home and future.

Reasons for needing a new home are numerous and varied. Needing a bigger home for a growing family, downsizing after the kids have moved on, or moving to that special place you always wanted to live are just a few. There are townhomes, patio homes for those on the go, lake homes, homes with land, or homes that meet the lifestyle you want, like those with a backyard oasis including an entertainment area, pool and spa. Whatever you require, let's find the dream home for you!

Our mortgage professionals are available to meet your needs, from first time home buyers to veterans and military personnel, to jumbo loan products for higher priced homes. Our mortgage partners have the right program for you.

Call or text Rebekah today at 832-814-6120 to get the ball rolling on your home ownership plans. Do not forget to ask about the Free Local Move offer, as some restrictions apply.

Thank you for trusting me to be your Realtor.

Rebekah Snipp

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Rebekah Snipp
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Resident of Eagle Springs



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EAGLE SPRINGS VISITOR CENTER TO CLOSE JUNE 15

For most Eagle Springs residents, the Eagle Springs Visitor Center was probably the place where they discovered their new community and received their first warm welcome from the friendly staff. Creating a place with a sense of belonging has been a part of the overall plan. Now that we have so many wonderful residents who continue to tell others about the great community that they live in, the time has come for Newland Communities to close the Eagle Springs Visitor Center on June 15, 2014.

The closing of the Visitor Center is actually a positive sign of the tremendous success that Eagle Springs has experienced over the years. With over 3,400 families now residing in Eagle Springs, the community is about 90 percent sold out. In fact, Eagle Springs ranked 25th out of the top 50 master-planned communities in the United States last year, according to a study from John Burns Real Estate Consulting. In Northeast Houston, Eagle Springs was again the No. 1 community, with sales up 25%.

After the Visitor Center closes, there will still be several ways where residents can keep up with what's going on in their community.

One of the best ways is with the popular neighborhood network, InsideEagleSprings.com. When Eagle Springs opened in 2001, Newland Communities created this Intranet to provide

a "virtual public square" where residents could get community news and exchange ideas and information. With so many residents logging on, InsideEagleSprings.com has lived up to that vision.

The community's website for homebuyers, EagleSpringsTX.com, is constantly updated with the latest home inventory and more community news.



Perhaps most importantly, Eagle Springs has a strong and active HOA presence that includes its own Activities Director. For news, questions and comments, the HOA can always be accessed through InsideEagleSprings.com.

Newland Communities is emphasizing that while Eagle Springs is nearly sold out, the community has at least one more full year of active building in most neighborhoods and price ranges.

This includes some of its newest neighborhoods, like Legacy Pointe, where two new model homes by Lennar and Westin will open this spring.

"We will all miss the Eagle Springs Visitor Center, but we're not saying 'goodbye.' We're just changing the way we interact with homebuyers and Realtors now that Eagle Springs is nearing completion," said Kayla Webb, marketing director for Newland Communities.

For more information on Eagle Springs, please visit EagleSpringsTX.com or InsideEagleSprings.com.

SPECIALTIES

Sports Medicine
Knee Pain & Injuries
Shoulder Pain & Injuries
ACL Repair & Revision Surgery
Rotator Cuff Tears
Cartilage Surgery & Replacements
Labral & SLAP Tears
Meniscus Repairs & Transplants
Knee & Shoulder Replacements
Elbow and Ankle Arthroscopy

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



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Teddy Tennis

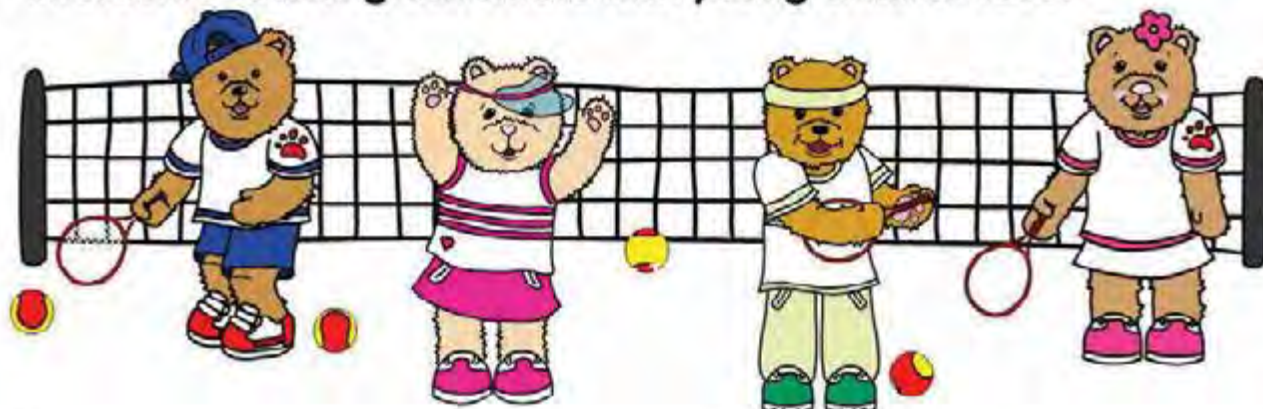


is coming to

Eagle Springs

10 Week Summer Session

Teddy Tennis is a fantastic new FUN way to encourage children aged 2½ - 6 years to get active and learn to play tennis. It works by combining music, pictures and teddy bear stories into a totally interactive learning adventure that young children love.



Tiny Teddies Team
Beginners
Aged 2½ to 3

Thursdays
June 12-August 14
10 week session

8:30am-9:15am
\$180/child

All equipment
included!
T-shirts \$15/each

Thursdays
June 12-August 14
10 week session

9:15am-10:00am
\$180/child

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Danny Bear Team
Beginners
Aged 3 to 4½



To register & reserve your child's spot call Sarah at
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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.

- ✓ 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.

Eagle Springs Flyers Swim Team

It's not too late to join the fun! For registration information visit our website at www.eaglespringsflyers.com

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 competition.

Please note the following changes in the Athletic Club Pool Hours during our home swim meets:

Days/Dates	Times
Saturday – May 10	Opens at 12pm
Saturday – May 17	Opens at 3pm
Saturday – May 31	Opens at 3pm
Saturday – June 7	Opens at 3pm

Register online at www.eaglespringsflyers.com

SUCCESSFUL EGG-STRAVAGANZA!

On April 5th, our youngest residents came out en masse, under beautiful blue skies, to participate in our annual Spring Egg-stravaganza. Over 10,000 eggs were on 4 different sports fields for the taking, including our Wobbly Walkers, our youngest egg hunters.

Children were able to decorate a plant pot and plant wildflower seeds, ride airplanes, get faces painted and balloons made. The Easter Bunny was on hand to lead the hunts, and the Chick Fil A cow made an appearance as well.

Thank you to all of our volunteers for coming out and making this event happen! Kudos to Michelle Auenson for once again taking on the craft table!



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COLIN'S HOPE

WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



May is National Water Safety Month

Ongoing: Volunteers needed to stuff & distribute water safety packets. info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed. www.tinych.org/AthleteAmbassador

Now-June 21: Donate \$30, get a free Schlitterbahn ticket. www.tinych.org/tickets

May 5th: Otter Spotter Day Storytime at Backwoods Austin from 10:30am-11:30am

Volunteer - Donate
COLINSHOPE.ORG



Take our Water Safety Quiz. www.colinshope.org/quiz/

Keep your children and families safe in, near and around all bodies of water.

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VISUAL
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TO
SWIM**



**WEAR
LIFE
JACKETS**



**KEEP BACKYARDS
& BATHROOMS
SAFER**



**MULTIPLE
BARRIERS
AROUND WATER**



**CHECK POOL
& HOT TUB
FIRST**



**STAY AWAY
FROM
DRAINS**



**BE SAFER
AT THE
BEACH**



**LEARN CPR
& REFRESH
SKILLS YEARLY**



**VISIT
US
ONLINE**

Atascocita Branch Library

APRIL 2014 EVENTS

All library events are free and open to the public. Some programs have been developed for specific age groups, where applicable this has been noted.

Please Note: Harris County Public Libraries will close at 5 PM on Thursday, April 17, and re-open on Saturday, April 19, for regular business hours.

All events are also posted on our website found at: <http://www.hcpl.net>

WEEKLY CHILDREN'S STORY TIMES:

Twilight Tales

Family Story Time

Mondays at 7:00 PM

This is a family story time for all ages.

Mother Goose (Infant Lapsit)

Wednesdays 11:00 AM,

Thursdays 11:00 AM,

Fridays 1:00 PM

This is an infant story time featuring songs, nursery rhymes and socialization opportunities. This program is recommended for infants up to 24 months of age.

Tales for Tots (Toddlers)

Wednesdays & Thursdays at 10:00 AM

Toddler story time featuring stories, songs, finger-plays, and occasional crafts. This program is recommended for children 2 through 3 years of age.

Story Pals (Pre-Schoolers)

Wednesdays at 1:30 PM

This is a pre-school story time featuring stories, finger-plays, and occasional crafts. It is recommended for children 3 through 6 years of age.

CHILDREN'S PROGRAMS

Barbie Fashion Show

4/8/2014

4:30 PM-5:30 PM

Children ages 4 -12, bring your favorite Barbie doll dressed in her best outfit to the library. We'll have a

Barbie fashion show, Barbie craft, free Barbie book for every attendee, and special drawing prizes. Registration required. Sign up in the library, online through the Events Calendar found at www.hcpl.net, or by calling the library at 281-812-2162.

LEGO Club

4/24/2014

4:00 PM-5:00 PM

Lego Club for children ages 3 – 12. Sign up in the library, online through the Events Calendar found at www.hcpl.net, or by calling the library at 281-812-2162. Registration begins April 10.

TEEN PROGRAMS

Club Anime!

4/1/2014

7:00 PM-8:45 PM

Join us for the latest in anime, manga, and Japanese culture.

Peep Wars: Candy Combat

4/10/2014

4:30 PM-6:00 PM

Two peeps enter the arena, but only one leaves. Who will survive? Learn the art of Peep Jousting and compete in a Peep Wars tournament. Also learn how to create a crafty diorama with Peeps and other candy.

Word Art: Poetic Jewelry

4/17/2014

3:30 PM-5:00 PM

Celebrate National Poetry Month by creating poetic themed jewelry.

Chess and Go Club

4/24/2014

7:00 PM-7:45 PM

Join us for an evening of strategy and intrigue. Beginners welcome.

Knit Wits: Teen Knitting Club

4/29/2014

6:00 PM-6:45 PM

Join the Knit Wits, the Atascocita Library Teen Knitting Club, for a cool make and take project. BYON! Bring your own needles!

ADULT PROGRAMS

AARP Free Tax Aid

On Mondays beginning February 3rd through April 14th between 10 AM and 2 PM, AARP volunteers will be at the Atascocita Branch library to assist tax filers with basic tax returns. This is on a first come first served basis. The AARP volunteers are able to assist with most standard tax return filings.

Computer Basics I

4/7/2014

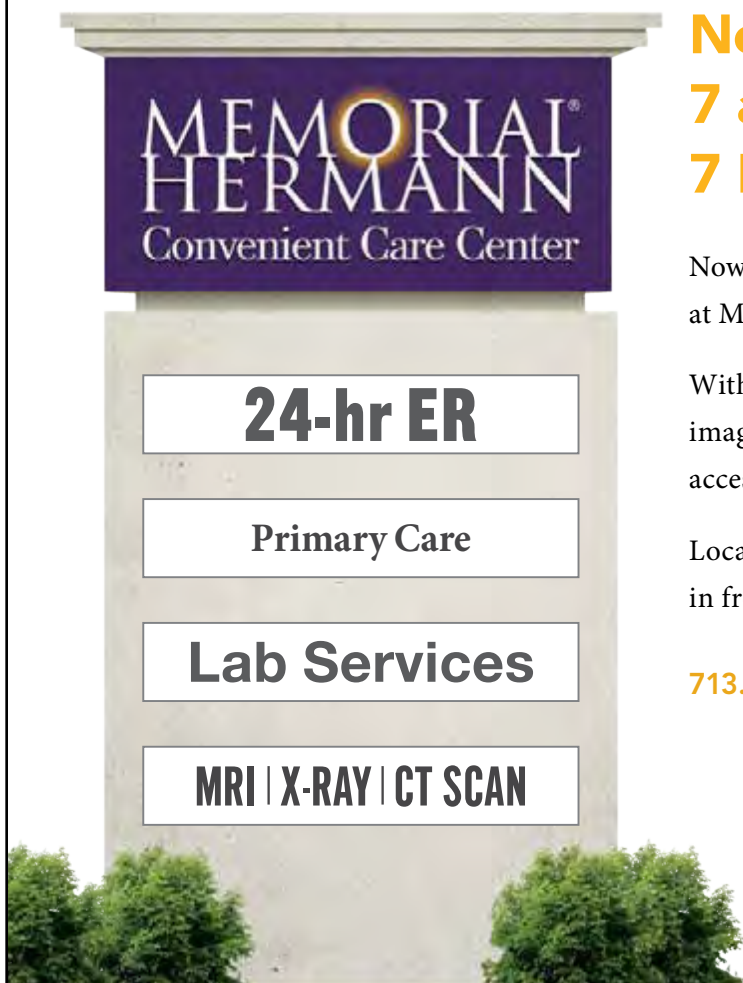
11:00 AM-12:00 PM

Are you new to computers? Don't be afraid! Come and have fun while you learn the very basics

(Continued on Page 12)

TRUSTED

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MEMORIAL
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ADVANCING HEALTH

Library Events (Continued from Page 10)

about how computers work, operating the keyboard and the mouse. Please register online through our Events Calendar at www.hcpl.net or by calling the library at 281-812-2162 because space is limited. Registration opens one week prior to the class date.

Computer Class: eBooks for iPad

4/8/2014
1:30 PM-3:00 PM

Find out how you can download free eBooks to your iPad during this class.

Space is limited. Please register online through our Events Calendar at www.hcpl.net or by calling the library at 281-812-2162 because space is limited.

Lunch 'n' Lit (Book Club)

4/10/2014
1:00 PM-2:30 PM

The Atascocita Library Lunch 'n' Lit Book Club - Join us as we discuss a good book and feel free to bring your lunch! We will discuss *Wild Ducks Flying Backward*: Stories by Tom Robbins.

Computer Basics II

4/14/2014
11:00 AM-12:00 PM

More computer basics! Come learn what files and folders are on the computer and how to use them. Please register online through the Events Calendar found at www.hcpl.net or by calling the library at 281-812-2162 because space is limited. Registration opens one week prior to the class date.

Other Information:

Prerequisites: Familiarity with using the mouse

and keyboard.

Craft Club

4/15/2014
7:00 PM-8:00 PM

A craft program for adults. Join us this evening for a recycling project involving those old CDs we don't use anymore.

Other Information:

Supplies are provided, but are limited. Please sign up to attend either online at www.hcpl.net through the library's Events Calendar or by calling 281-812-2162. Registration begins online 4/6/2014,



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Information Savvy

4/21/2014

11:00 AM-12:00 PM

So you know how to use the internet but how do you know the sites you are looking at are valid? Do you know how to get better search results? Join us today and become more Information Savvy. Please register online or by calling the library at 281-812-2162 because space is limited. Registration opens one week prior to the class date.

Computer Class: Top 5 Must Have

iPad Apps

4/22/2014

1:30 PM-3:00 PM

Learn about the top 5 apps for iPad! Please register online or by calling the library at 281-812-2162 because space is limited. Registration begins 2/4/2014.

Tech Savvy Tips and Tricks

4/28/2014

11:00 AM-12:00 PM

Become a tech savvy computer user by learning some helpful tips, shortcuts, and more. Please register

online online through the Events Calendar found at www.hcpl.net or by calling the library at 281-812-2162 because space is limited. Registration opens one week prior to the class date.

Knit and Nosh Society

4/29/2014

7:00 PM-8:30 PM

Beginning and advanced knitters, instruction, projects, hot tea and treats.

Writing Your Personal History

4/30/2014

3:30 PM-5:00 PM

Leave this "hands on" family history class with a simplified version of your own personal history in your hands. You type or write while Mr. Elzinga guides you through your own life history. Come, participate, and create this cherished gift for those who come after you. Some library laptops available for use or bring your personal laptop or pad of paper. Sponsor: Kingwood Texas Family History Center.



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Lake Houston Ladies Club

MAY MEETING:

The Lake Houston Ladies Club will have their luncheon meeting on Tuesday, May 20, 2014 beginning at 10:00 a.m. at the Walden Country Club, 18100 Walden Forest, Humble TX 77346. Stein Mart will be sponsoring a spring style show featuring models from the club. The model's hair design will be provided by Sherry Kitts of Glam Colour Bar & Salon. Lake Houston Ladies Club is a social organization that welcomes new members from all surrounding areas to join and offers several avenues for individual interest. They include: Readers Choice, Bridge, Bunco, Mah Jongg, Lunch and Look, Movie Group, Girl's Night Out, Tea Time and Supper Club. Please join us. New members are always welcome. Please call Carol at 832-671-4475 for more information and for reservations call by Friday, May 16, by 5:00 p.m.



**Please remember to pick
up after your pets and
“scoop the poop”**



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UP TO 3 YEARS

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Update Your Bathroom in a Single Weekend

Could your bathroom use a quick fix-up? You can transform your dull, dated bathroom into a stylish, spa-like retreat with these DIY projects that you could tackle in a weekend:

Recolor Your Scheme – Freshen up your colors. Adding a new coat of paint or taking some risk with bold, striking wallpaper can miraculously transform any room. Don't forget the 60-30-10 rule!

Contain the Clutter – Add functional storage to help contain the bathroom mess that makes your space cramped

and cluttered.

Add Texture and Charm – Use beaded board painted in a neutral color to add texture and charm to your bathroom.

Fix Your Fixtures – Replace dated light fixtures with new modern ones. If your style is more eclectic, contrast your modern fixtures with a vintage chandelier.

Still Struggling with Ideas?

Check out one of my favorite FREE apps; “houzz”. It is filled with fantastic ideas, pictures, and instructions to remake any part of your home.

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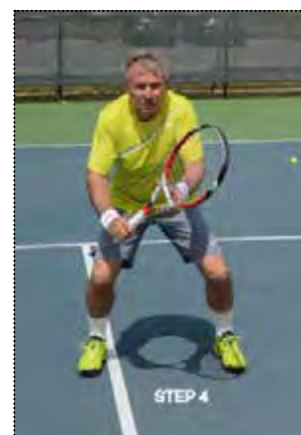
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TENNIS TIPS

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.

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Sugar, Heart & Life

A program called Sugar, Heart and Life: A Guide to Living with Diabetes is available for people dealing with the disease. The interactive and fun program developed by Baylor College of Medicine's department of family and community medicine offers information on how individuals with type 2 diabetes can manage their diabetes. The SHL program includes recipes, practical tips and games on diet, exercise, and medication. The program allows users to follow a year in the life of the Gonzalez family as they learn more about managing diabetes and help them make decisions that will keep their family healthy.

All diabetes management recommendations contained in this program are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipe Box was adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute.

*Sugar, Heart and Life can be found at
www.bcm.edu/shl.*

SUDOKU

				9	5			
			4	3		7		
						1		6
	5		6					
4				1	9	3		2
					7		8	
		3		5	1		9	
	2							1
		4				6	3	

View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



Opportunity is knocking!



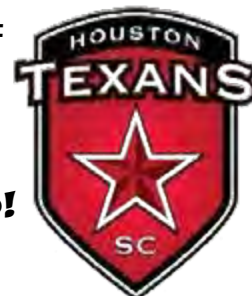
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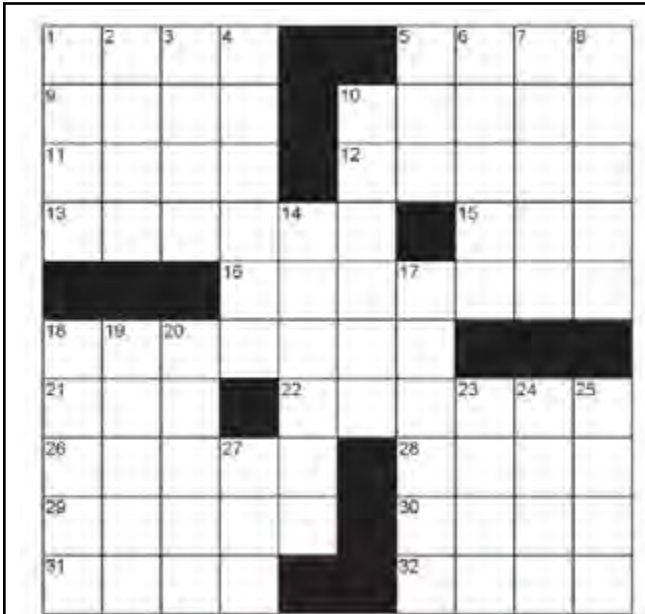
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5. Tussle
9. Soda
10. Author of "The Inferno"
11. Drug doer
12. Colder
13. Mr.s
15. Thai
16. Herself opposite
18. Kitten (2 wds.)
21. Government agency
22. Laughing dogs
26. Revoke
28. Guile
29. Beefy
30. Economics abrv.
31. Sold at a discount
32. Official document

DOWN

1. Water film
2. Sit for a picture
3. Beers
4. Quaggy
5. McDonald's "Big __"
6. Join
7. Snitch
8. Stems of letters
10. Make gloomy
14. Opulently
17. Boiled
18. Supports
19. Sleep disorder
20. Trite
23. Naughty or __
(what Santa checks)
24. Lotion ingredient
25. Deliver by post
27. Southwestern Indian

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- Kids Stuff -

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



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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