# THE TALON

December 2015

Official Publication of the Eagle Springs Community Association

Volume 7, Issue 12



### **DID YOU KNOW?**

Property owners must keep public rights-of-way free of overhanging branches per City ordinance.

All trees and limbs growing in or near a right-of-way must be trimmed to the regulated height stated by City ordinance.

"Where the tree overhangs a residential street, there must be a clear space under the tree that is 12 feet above the street surface and 8 feet above the sidewalk surface."



"Where the tree overhangs a nonresidential street, there must be a clear space under the tree that is 14 feet above the street surface and 8 feet above the sidewalk surface."

### **COMMUNITY CALENDAR**

# DECEMBER

| 8  | Book Club                                |
|----|--|
|    | 8 - 10 pm / Eagle Springs Clubhouse      |
| 9  | Fiber and Yarn Club                      |
|    | 7-9 pm/ Eagle Springs Clubhouse          |
| 11 | Scrapbooking Club                        |
|    | 12 - 10 pm / Eagle Springs Clubhouse     |
| 12 | WinterFest and Craft Fair                |
|    | 1-4 pm/ Valley Springs Clubhouse         |
| 19 | Winter Holiday                           |
|    | Onsite Office Closed through January 6th |
| 25 | Merry Christmas!                         |
| 31 | New Year's Eve                           |



### **ONSITE OFFICE HOURS**

Winter Hours are in Effect!

Effective November 1, 2015 to February 29, 2016, Winter

Hours will be in effect. Winter Hours are:

Wednesdays 1-6 pm | Saturdays 9-1 pm

If you need assistance, please email

Help@InsideEagleSprings.com

# COMMUNITY CONTACT INFORMATION

| EAGLE SPRINGS COMMUNITY ASSOCIATION                   |  |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|--|
| Board of Directors AsktheBoard@InsideEagleSprings.com |  |  |  |  |  |  |  |  |
| Crest Management Co                                   |  |  |  |  |  |  |  |  |
| Community Manager Bill.Higgins@Crest-Management.com   |  |  |  |  |  |  |  |  |
| Clubhouse RentalHelp@InsideEagleSprings.com           |  |  |  |  |  |  |  |  |
| ActivitiesActivities@InsideEagleSprings.com           |  |  |  |  |  |  |  |  |
| Website Administrator Help@InsideEagleSprings.com     |  |  |  |  |  |  |  |  |
| NewsletterHelp@InsideEagleSprings.com                 |  |  |  |  |  |  |  |  |
| EMERGENCY INFORMATION                                 |  |  |  |  |  |  |  |  |
| Fire, Medical or Life Threatening Emergency 9-1-1     |  |  |  |  |  |  |  |  |
| P-4 Constable Dispatch                                |  |  |  |  |  |  |  |  |
| Humble ISD Police (Schools)281-641-7900               |  |  |  |  |  |  |  |  |
| Atascocita Volunteer Fire Dept (AVFD)                 |  |  |  |  |  |  |  |  |
| Non-Emergency Number281-852-2181                      |  |  |  |  |  |  |  |  |
| Harris County Animal Control281-999-3191              |  |  |  |  |  |  |  |  |
| Texas Poison Control Center                           |  |  |  |  |  |  |  |  |
| UTILITIES   |  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |  |
| Electric, (multiple providers)                        |  |  |  |  |  |  |  |  |
| Power Outages   |  |  |  |  |  |  |  |  |
| Gas, Centerpoint Energy713-659-2111                   |  |  |  |  |  |  |  |  |
| Gas Leaks   |  |  |  |  |  |  |  |  |
| Water, Severn Trent                                   |  |  |  |  |  |  |  |  |
| 24 Hour Emergency Number281-209-2100                  |  |  |  |  |  |  |  |  |
| Humble Post Office                                    |  |  |  |  |  |  |  |  |
| Trash & Recycle, Best Trash281-313-2378               |  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |  |
| TELEPHONE/TV/INTERNET PROVIDERS:                      |  |  |  |  |  |  |  |  |
| Centurylink   |  |  |  |  |  |  |  |  |
| Comcast   |  |  |  |  |  |  |  |  |
| DISHNetwork   |  |  |  |  |  |  |  |  |
| DirecTV   |  |  |  |  |  |  |  |  |
| SCHOOLS   |  |  |  |  |  |  |  |  |
| Humble ISD  |  |  |  |  |  |  |  |  |
| Websitewww.humble.k12.tx.us                           |  |  |  |  |  |  |  |  |
| Eagle Springs Elementary                              |  |  |  |  |  |  |  |  |
| Atascocita Springs Elementary                         |  |  |  |  |  |  |  |  |
| Timberwood Middle School                              |  |  |  |  |  |  |  |  |
| Atascocita High School281-641-7500                    |  |  |  |  |  |  |  |  |
|   |  |  |  |  |  |  |  |  |
| NEWSLETTER PUBLISHER                                  |  |  |  |  |  |  |  |  |
| Peel, Inc   |  |  |  |  |  |  |  |  |

Advertising...... advertising@PEELinc.com

# did you know?

We have a community Facebook page and community Neighborhood Watch Facebook page, all created and maintained by resident volunteers? Many more community pages have been created by residents, but please note the following in relation to these pages:

**DISCLAIMER:** This group is not affiliated with the Eagle Springs Community Association (ESCA or HOA). For official information please log into www.insideeaglesprings.com, the website maintained by a representative of ESCA. Note that it is a violation of the Terms of Use of www.insideeaglesprings.com to link to and/or copy and paste materials contained within that domain - including to this Facebook group's wall, documents, photos, etc. The Admins of this Facebook group accept no responsibility for the materials available through this group, including but not limited to removing material that infringes upon trademarks and/or copyrights.

### **2016 Assessments**

The Eagle Springs Community Association Board of Directors has determined the Association budget for 2016 and has set the 2016 assessment rates for Eagle Springs at \$825.00 per year, the same as last year. The Arbor Heights Neighborhood Assessment rate was set at \$67.00, no change from prior year. The Princeton Park Neighborhood Assessment was set at \$800.00, no change from prior year. A copy of the 2016 Budget can be found online at www.insideeaglesprings.com.

Assessments are billed annually and are due on January 1st and become delinquent after January 31st. You should have received your account statement in the mail by November 15th. You may elect to take advantage of two payment options. You may pay in full by the January 1st due date or you may make three equal payments on November 20th, December 20th, and January 20th.

Payments received after January 31st will be subject to a \$55 late fee. Payments received after February 28th will be subject to a second \$40 late fee. Interest will accrue on any unpaid balance each month. Accounts remaining delinquent will be subject to additional collection action, including deactivation of all access devices associated with the delinquent property.

Should you have any questions about your account statement, do not hesitate to contact Joanne McIntyre at our management company, Crest Management Company, AAMC at joanne@crest-management. com or 281-945-4622. Their office is open Monday to Friday from 9:00 a.m. to 5:00 p.m. for your convenience.

We are looking forward to another successful year for 2016. With your input and help, we feel we will have another great year!

Sincerely,

Your Board of Directors



### REBEKAH SNIPP

832.814.6120 - Cell Rebekah@rebekahsnipp.com www.rebekahsnipp.com

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!

# **Merry Christmas!**

With 2015 coming to an end, it is time to reflect. Throughout the year I helped many clients buy and sell their homes. We are blessed to live in a city where economic development is strong. The outlook for 2016 remains positive with continued corporate relocation in our area. Now is a great time to get together and develop a plan of action to have your home ready to sell. Buyers will come back into the market in January after the holidays have passed.

December is one of my favorite times of year. It's a time for visiting family and friends while reminiscing about memories that were made throughout the year. There were many happy times, some sad times too. We welcomed new friends and family members into our world and also lost some special ones along the way this year. Memories are what keep us going.

2015 has been the year of change for many of us. Thank you for allowing me to assist you with your real estate moves and making memories. In 2015 many of you moved up to your next home as you were bursting at the seams in your current home, downsized as the last child went off to college as it's now just the two of you; moved grandparents closer to family or getting a bigger yard for the dog, to finding a home with a pool to enjoy with friends. Many moved their belongings to storage as their work took them to another country for 2-3 years, while I welcomed others back to our area after they finished an overseas work assignment. Hearing your stories about a favorite restaurant, the kids first day at school, baseball games, soccer games, swim meets, marathons, dance recitals, birth of your first child or grandchild or your son or daughter receiving a college acceptance letter, make my job so rewarding. These are the things I love about what I do.

Rebekah Snipp Scholarship recipients were awarded their \$1,000 scholarship as the fall semester came to a close for them. Details to apply for the Rebekah Snipp Scholarship for 2016 are online at rebekahsnipp.com. The deadline to apply is April 15, 2016. I look forward to receiving scholarship applications to review.

Thank you for allowing me to be part of your world in 2015. May you and your family have a Blessed Christmas Season. Be safe on the roads as you travel for the holidays. Please consider woundedwarriorproject.org this Christmas.

Merry Christmas from our family! Rebekah Snipp Rebekah Snipp, Realtor, ABR, SRES Direct: 832-814-6120

rebekah@rebekahsnipp.com

Mark Snipp Broker, GRI Direct: 832-859-9113 Mark@rebekahsnipp.com

Website: **rebekahsnipp.com** 





# WinterFest is Here!

Come join your neighbors as we celebrate the holidays with WinterFest at the Valley Springs Clubhouse from 1-4 pm on December 12th. Arts and crafts, games, horse-drawn wagon rides, camel rides, trackless train and petting zoo are all activities on the agenda for your family. A certain bearded man is also scheduled to make an appearance as well! This year we are thrilled to feature 28 resident crafters and home based businesses both inside and outside of the Valley Springs Clubhouse.

We are also excited to welcome Just a Brush, who will be on hand to help your children decorate an ornament for a small fee. Concessions will be available for purchase.

If you or your child would like to volunteer to gain service hours, please email Activities@InsideEagleSprings.com

# FIBER AND YARN

Come and try out our new Fiber and Yarn Club at the Eagle Springs Clubhouse.

### The 1st and 3rd Wednesdays of the month from 7-9 pm

- Project : Shoulder purse that can double as a project bag
- Material: Bernat Blanket yarn or 4 strands of any worsted weight yarn (not felt-able) and size M crochet hook.
- Do not need to know how to crochet. We will show you!

The group will only be meeting on the first Wednesday of the month due to the holiday.





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24-hour ER

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ADVANCING HEALTH

# Society of St. Stephen Angels

Once again, Eagle Springs has chosen to adopt 75 "angels" from the Society of St. Stephen. These children in need have created a wish list of items they would like from Santa, most of which total about \$30. These angels can be found on the Christmas tree in the Eagle Springs Clubhouse. Ages range from infants to teens and include both boys and girls. Last year, Eagle Springs residents filled the Onsite Office with donations for our angels!

To pick out your angel, come by the clubhouse during office hours. All items can be returned during office hours no later than Wednesday December 9th.

Help make another child's holiday a brighter one by sponsoring a Society of St. Stephen Angel!

# Society of St. Stephen Fact Sheet

### WHAT DO WE DO?

Society of St. Stephen is a community outreach agency serving people living in the Humble, New Caney and Splendora school district boundaries.

We are 100% volunteer- we have no paid employees or positions. We are open Mondays, Wednesdays and Fridays from 9 am- 11:30 am or until we have served the first 36 clients and typically are closed on school holidays except for the summer.

We provide, at no cost to our clients, an average of 400 individuals each week with food, clothing and an average of 25 families a week with limited financial assistance (primarily utility and medication assistance).

Clients can visit SOSS once every 30 days for food, once every 60 days for clothing and once every 12 months for financial assistance. A typical grocery allotment includes canned vegetables, canned fruit, canned meat, rice, beans or pasta, bread, ½ gallon of milk and cheese. Fresh fruits, vegetables and personal products are given when available. We also supply diapers (as needed), laundry soap, toilet paper and bath soap to all families.

We have three special projects a year. Our Back to School drive supplies over 850 children each year with school supplies, a \$15.00 shoe voucher for one pair of new shoes and new backpacks. For Thanksgiving and Christmas we provide over 500 food baskets for a family holiday dinner and gifts for over 1,200 children age 1-16.

### **HOW DO WE DO IT?**

We receive donations and monetary gifts from individuals, philanthropic groups, churches, schools, businesses, corporation volunteer grants and our major fundraiser, the SOSS women's tennis tournament held in the spring.

Our 150+ regular volunteers give an average of 15 hours per month of their valuable time to SOSS.

In recent months\*, our disbursements for utilities and medical assistance have averaged \$1,233 per week. Our food costs have averaged \$616 per week, which we supplement with large discounts from the Houston Food Bank and local food drives and/or donations. (\*Based on data December 2011 through November 2012)

#### **HOW CANYOU HELP?**

**DONATE!** We always need gently used clothing, linens and small household items and please use your Kroger share card and Randall's Good Neighbor cards designated for Society of St. Stephens.

**VOLUNTEER!** We have a wide variety of places to help, working with clients or working behind the scenes, on a regular basis or on seasonal projects, and flexible scheduling from a couple of hours a month to more.

**GIVE!** Financial contributions can be mailed directly to us, or designated to SOSS and dropped in the collection plate at Kingwood United Methodist Church. Society of St. Stephen is a 501c3 agency.

For more information, contact us!
Lynn Harper, Director SOSS
1799 Woodland Hills Drive Kingwood, Texas 77339
281-358-7722 • pharper5@embarqmail.com
www.kingwoodumc.org/soss



### A MESSAGE OF HOLIDAY CHEER

One of the key principles of accomplishing anything is Consistency. Do almost anything with enough consistency and you'll eventually get the desired outcome.

As I closely monitor the economic conditions of our city and nation, it is clear that the media is squarely focused on convincing us of how bad things are. As I speak with friends and clients I can see the impact this consistently poor messaging is having on us. Allow me to change that today.

Real Estate reports can be a window into the heart of a community's economic state. Inventory is low and buyer demand remains high. This has contributed to the consistent home value increases we've seen. Interest rates continue to remain low with 30 year mortgages below

4%. Though oil and gas continues to struggle, investors in other markets continue to spend and grow our city. Home construction continues to expand in Houston as other industries and their investors continue to spend millions on new growth opportunities, bringing jobs and families to our market. Don't buy into the hype of a failing market.

If you're in the market to buy or sell give the Tracy Montgomery Team a call. An experienced, licensed Realtor, will help you consider all the pro's and con's of making the move today. There's no pressure. We know how big the decision is and will ensure you have all the facts you need to make this all important decision.

We would like to once again thank everyone for your support and referrals in 2015 which has allowed us to continue to invest in the community. We wish you and your family Happy Holidays and a Very Happy New Year.



### "Fall" In Love with Your Yard

Believe it or not, Fall is the time of year to plant trees and shrubs in our area! Planting in the Fall gives the roots of the trees and shrubs time to mature before the Hot Texas Sun returns. Fall is also the time of year to sow some seeds for wildflowers; such as the bluebonnet, butterfly and hummingbird flowers. Check out http://shop.wildseedfarms.com/ for Texas friendly wildflower seeds or ask your local hardware/garden stores.

Don't forget that Fall is the time of year to "winterize" your yard and plants. You can winterize your yard by using a Winter fertilizer that will provide the grass with nutrients through the Winter. You can winterize your garden or flowerbeds by mulching or leaving some of the dead leaves on the plant to keep it insulated through the Winter.

For Landscape questions, concerns or suggestions email landscapecommittee@eaglesprings.com



### Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

- 1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.
- 2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
- 3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).
- 4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
- 5. Pack all medications and supplements to avoid missed doses.
- 6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
- 7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.
- 8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount that normal at least two hours before you leave.
- 9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.
- 10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.
- 11. Cover your car seats to keep them clean and free of hair shed on your trip.
- 12. Know your travel rules and restrictions, especially if you will travel on an airplane.





### **BILLIE JEAN HARRIS**

# Billie Jean's Team

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TEAM WORK...Whoever said "Many hands make light work" really understood a team work concept. Each member of my team (including you) will have specific duties towards our common goal to ensure the strength and endurance needed to get this transaction closed.



### **BILLIE JEAN HARRIS**

713-825-2647 (Cellular) 713-451-4320 (Direct) 713-451-1733 x106 (Office) bharris@remax-east.com www.billiejeanharris.com



#1 Team BILLIE JEAN HARRIS TEAM January – March 2015 in the UNITED STATES for RE/MAX Agents

#1 Team BILLIE JEAN HARRIS TEAM January – March 2015 INTERNATIONALLY for RE/MAX Agents



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# Make a Difference in Your Family

The holiday season is generally a time of family get-togethers, increased community service and an overall joyful experience as we share this wonderful time with family and friends.

But did you know that you can make the spirit of the holiday season last all year? How, you ask? By opening your heart and your home to an International Exchange Student!

Host families reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

Make a difference in the life of a student and in your family! If your family enjoys exploring new cultures and nurturing youth, please contact us to request more information about this amazing opportunity to share your life with a special young person and to learn how you can make a difference. The application process for the 2016/2017 school year has begun. It is recommended to start now as available schools spots fill up early.

Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



From left to right: Zeineb (Tunisia), Orpa (Bangladesh), Dima (West Bank), Mariam (Egypt), Aliyou (Senegal)

| SUDOKU                                 |   |   |   |   |   |   |   |   |   |                          |  |  |
|--|---|---|---|---|---|---|---|---|---|--------------------------|--|--|
|  |   |   |   |   |   | 6 |   | 3 | 4 |                          |  |  |
| View answers online at www.peelinc.com |   |   | 7 |   | 1 | 2 |   |   |   |                          |  |  |
|  |   | 9 |   | 4 |   |   |   |   |   |                          |  |  |
|  |   |   |   |   |   |   |   | 6 |   | nge                      |  |  |
|  |   | 5 |   | 8 |   |   |   |   |   | ure Excha                |  |  |
|  |   |   | 8 | တ | 2 | 7 |   | 4 |   | © 2006. Feature Exchange |  |  |
|  | 8 |   |   |   | 5 |   | 2 |   |   | © 2                      |  |  |
|  |   | 3 |   |   | 8 |   | 5 |   |   |                          |  |  |
|  | 7 |   |   |   |   |   |   |   | 9 |                          |  |  |

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.



**Description:** The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

**Roles:** Stimulate new advertising accounts in our community newsletters. Maintain current accounts assigned to you by Sales Manager. Service your accounts by assisting them from ad design to final proof approval.

**Skills:** Excellent communication through email and phone, with high level presentation and relationship-building skills. Strong prospecting and business development skills are a must. Previous sales experience preferred but not required.

**Benefits:** Commission Based Apply by sending resume to jobs@peelinc.com





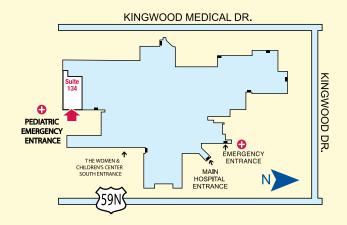
Parents expect the very best care for their children and that is what we deliver. Located next to our Women & Children's Center, we have designed a kid-friendly environment intended to ease the stress of children and their parents.

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# TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco Owner, Manager and Director of Tennis Grey Rock Tennis Club, Austin, TX



### HOW TO EXECUTE THE FOREHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand and a one-handed backhand. In this issue, I will give you instructions on how to execute a forehand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures Grey Rock Tennis Club player, Camille Palafox, demonstrates the proper form and technique. Photos by her husband Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player

is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The right arm should take a short turn and the head of the racket should align to the flight of the ball. The right wrist should be "cocked" back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Camille to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

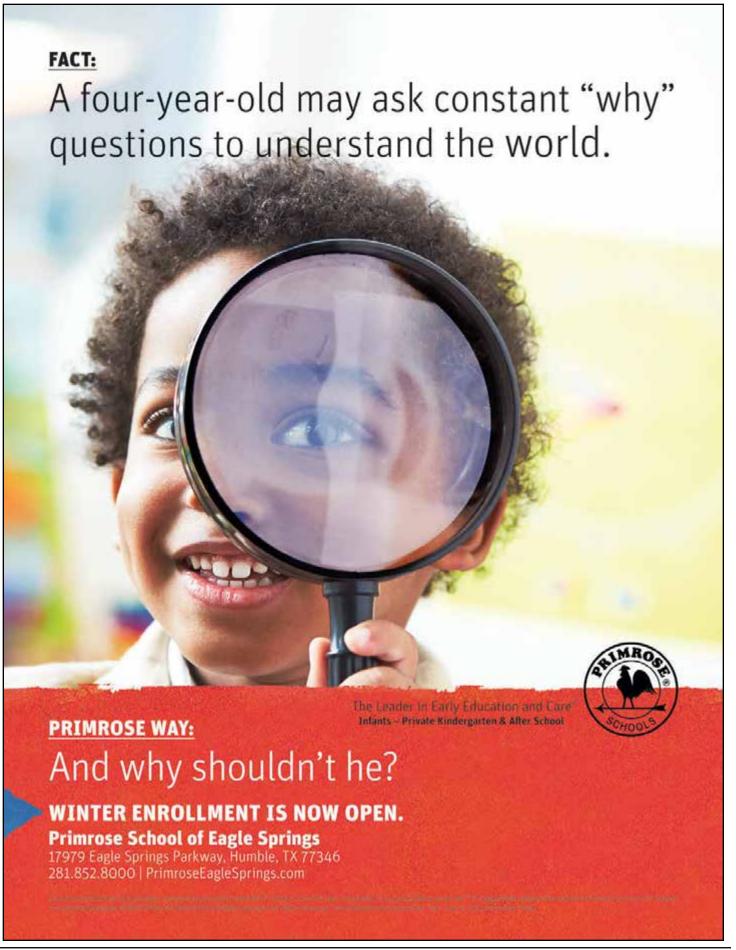
Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley







## A FEW HOLIDAY THOUGHTS...

It is good to be children sometimes, and never better than at Christmas, when its mighty founder was a child Himself. Charles Dickens

There are two ways to live your live. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein

The way you spend Christmas is far more important than how much. Henry David Thoreau

### HAVE A HAPPY HOLIDAY IN A NEW HOME









Alisa Hughes Cell: 281.323.5894

Beautiful highland built home on a cul-de-sac lot. Double french iron front doors. Spiral iron staircase with additional staircase. Study, large formal dining, luxurious master suite and second bedroom downstairs. Living room with huge fireplace and wood beam/vaulted ceiling. Kitchen is a chef's dream with huge

island, stainless appliances, granite counter tops & butlers pantry. Two bedrooms upstairs, large gameroom with extended card room, media room, 20x17 tx basement and bar area. Huge lot with up and downstairs covered patio. No back neighbors.



### We are setting the pace in cardiovascular care.

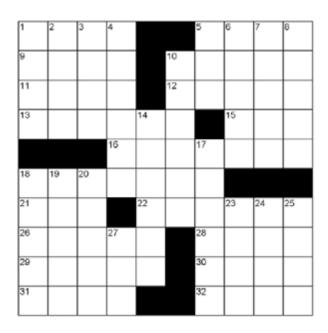
Memorial Hermann treats the most hearts in Houston, with our affiliated physicians performing more than 50,000 procedures last year alone. This award-winning, innovative care includes nine accredited Chest Pain Centers. Our technologically advanced cardiac catheterization labs provide precise imagery that can be seen by your physician from anywhere in the world. So for true strength in cardiovascular care, contact the body of experts at Memorial Hermann Northeast Hospital, part of the Memorial Hermann heart and vascular network.

Learn more at heart.memorialhermann.org



ADVANCING HEALTH

### **CROSSWORD PUZZLE**



#### **ACROSS**

- 1. Catch in nylons
- 5. Speed
- 9. Station
- 10. Scoop out
- 11. Healing plant
- 12. Colder
- 13. Geneve
- 15. Consume
- 16. Collective Israeli farm
- 18. Chewbacca's partner (2 wds.)
- 21. Card game
- 22. Legume
- 26. Coding system
- 28. Portend
- 29. Induct
- 30. Look
- 31. Loch monster
- 32. Opp. of yeses

### DOWN

- 1. Male deer
- 2. Large African river
- 3. Long time
- 4. Mediterranean island dwellers
- 5. IBM Competitor
- 6. Adios
- 7. Sports shoe projection
- 8. Hz
- 10. Apt
- 14. Purplish color
- 17. Candy
- 18. Woman
- 19. Negative battery terminal
- 20. Averages
- 23. African nation
- 24. Bored
- 25. Dregs
- 27. Bro.'s sibling

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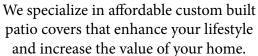
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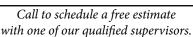


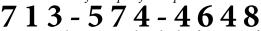
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# The Value of Sleep for Children and Teens Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

 a set bedtime and wake time that does not vary by more than 2 hours on the weekend

- · a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- · daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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