

SUMMER 2013



WHISPERING HILLS

HOMEOWNERS ASSOCIATION

President's Message

IT'S SUMMERTIME!

Summer is upon us again and many of us will be planning wonderful vacations with our kids to faraway places that will hold special memories of good times with the family. Our kids will cherish these memories when they are grown and have children of their own.

When I look back at my own childhood, I remember trips to Disneyland, water skiing at Lake Tahoe, camping out at Yosemite National Park, and rafting down the Colorado River. These were "special vacations" and I will always treasure those memories. But, I also have a lot of fond memories of a younger time when fun could be had with simple things like having water balloon fights with kids on my block, playing tag football or baseball at the local park, or even just sailing Frisbees high into the air for a friend to snag and zoom it back to me. And of course, there was always the fishing trips with my dad and bike rides with my buddies to our special hide out. Back then, just being outside playing with friends was the greatest joy. Yes, we watched TV, but that was only when it was too dark or wet to play outside and although we didn't know it at the time, all that activity was actually a road map to good health.

In Whispering Hills, we are very fortunate to have a very well-equipped children's playground, tennis and volley ball courts, indoor and outdoor swimming pools, and plenty of common ground areas where kids can play and have fun safely. If your kids are glued to their computer, iPad or cell phone, I ask you to encourage them to put those things aside, and to just enjoy having fun being outdoors with each other. Let them throw a football or play catch with a baseball or try to out maneuver their opponent with a soccer ball. Just let them be active and enjoy being alive. Then when they that are "pooped out", may be you can take them out for an ice cream cone or a strawberry malt with the rest of the family - doing things together! They will remember those moments for years to come.

John Schembri

President and Trustee

www.WhisperingHillsSubdivision.com



NEIGHBORHOOD NEWS

Social Committee

On May 5th we had a **Spring Fling** at the clubhouse. We were going to hold festivities at the pool gazebo, but the threat of inclement weather drove us indoors. It was a smaller turnout than we would have liked, but the food and fellowship were very nice.

Neighborhood Watch Report

There were a couple groups of people committing burglaries in the area this past fall and over the winter.

At least one of the two suspected groups was caught. Note that the burglaries took place in neighboring communities and not in Whispering Hills. Things have been quiet in the area since February.



Leave the Light On

It has been noticed how much brighter our streets are when neighbors leave their porch lights on in the evening and during the night. Since we don't have a lot of street lighting, it's an advantage to our neighbors who walk with or without their dogs and children in the late evening or after dark. It also scares away the deer that visit in the night.



Most importantly, it would also be a deterrent to anyone thinking of committing a crime, as mentioned at our Neighborhood Watch meeting. Some neighbors have dusk to dawn porch lights which have some illumination, but gets brighter when someone walks or drives by. It's something to think about doing that would help keep neighborhood safe.

The Outdoor Pool is Open!

Summer Hours (May 31 - August 31)
Pool, Gym and Dry Sauna



DAY	ADULTS	CHILDREN
MON	POOL IS CLOSED TO ALL GYM: 6 am – 6 pm	
TUES - FRI	6 am – 9 pm	11 am – 9 pm
SAT	9 am – 9 pm	11 am – 9 pm
SUN	Noon – 9 pm	Noon – 9 pm

≧ IMPORTANT POOL RULES

- 1 All children under the age of 14 must be accompanied by an adult.
- 2 The pool is occasionally rented for private classes before and after hours. The facility is closed to our members during this time.
- 3 Residents, homeowners and members must bring their membership pass to enter.
- 4 Residents and members over the age of 18 may bring a maximum of six (6) guests.
 - ▶ Members 14 to 18 years of age may bring only one (1) guest.
- 5 All guests must be accompanied by a card holding resident or adult member; guests 14 years of age or older are charged a guest fee of \$2.00 per person.
 - ▶ Guests under 14 are free.

The guest fee box is located in the indoor pool near the Pool Attendants office. Note that the dry sauna is located adjacent to the indoor swimming pool. For a complete list of rules please contact the Leasing Office at 888-254-9080.

NEIGHBORLY NEWS

Announcements

Shannon Cheng

Parents: Glenn Cheng and Elizabeth O'Brien
Home: 12768 Whispering Hills Lane

Shannon graduated from Parkway North High School and will attend Saint Louis University majoring in English and premedical studies.

Gloria de Zamacona

Parents: Eugenio de Zamacona and
Gloria Cervantes
Home: 12639 Whispering Hills Lane

Gloria graduated from Parkway North High School and will be attending Saint Louis University.

McKenna Tucker

Parents: Patrick and Linda Tucker
Home: 1521 Cotton Tree

McKenna graduated from Parkway North High School in top 5% of her class with a 4.25 GPA. She will attend Pepperdine University, Malibu, CA, and will major in Biology.

We offer our



and

Meet Your Neighbors...

The Williams – Ron and Jan

The Williams have lived in Whispering Hills, 1520 Sugar Grove Court, for 44 years. They raised two (2) children in our community and are now the proud grandparents of two (2) grandchildren.

Occupation

Ron: Retired engineer

Jan: Retired

Hobbies

Ron: Genealogy, travel, Mr. Fix-it, and golf

Jan: Genealogy, travel, gardening, and golf

Education

Ron: Ritenour High-St. Louis and MSM/UMR-Rolla

Jan: Ritenour High School-St. Louis

The Ziyadovs – Vagif and Evgeniya

Vagif Ziyadov was the first in his immediate family to move to St. Louis and has lived at 12688 Tallow Hill Lane for one year. He lives with his daughter Evgeniya, 22 years old, and his wife, who lives in Uzbekistan, will be joining them soon.

Occupation: Computer Systems Analyst/ Programmer, USPS Integrated Business Systems Solutions Center

Hobbies: Music

Education: Fergana City, Republic of Uzbekistan

WEST ST. LOUIS COUNTY CHAMBER OF COMMERCE

How often have you wondered if there is anything special going on that would be fun to be a part of or maybe a new restaurant that just opened that might be fun to try? Well, now there is a website that you can go to that will keep you abreast of the latest events in West St. Louis County.

You will find dates for Casino nights, First Friday Coffee, Lunch n Learn, networking and Trivia Nights, among other activities. There is a Ribbon Cutting section that will let you know about new businesses opening in the area.

Click on www.WestCountyChamber.com and you will be on your way to a new adventure!

PATCH.COM and CREVE-COEUR.ORG

Two great websites will get you and your family and friends out of the house and into some fun: www.CreveCoeur.Patch.com and www.Creve-Coeur.org. On Patch, you can see what's happening in Creve Coeur *and* can check out nearby communities:

- ▶ Ladue-Frontenac
- ▶ Town and Country-Manchester
- ▶ Maryland Heights
- ▶ Kirkwood
- ▶ Webster Groves
- ▶ University City
- ▶ Maplewood-Brentwood
- ▶ Clayton-Richmond Heights

See this newsletter's last page for imminent events!

SAINT LOUIS COUNTY'S BEST KEPT SECRET

A Library at the Touch of a Key

Do you like to read, but don't want to spend a lot of money on books that will gather dust once read or you just don't have the time or means to get to the library very often? Well, now there is a way you can

check out all the books you want from your local library without even leaving home. All it takes is a valid library card, an e-reader like a Kindle (see image), an Amazon account, a computer with Wi-Fi, and an e-mail address.



Once you own a Kindle, which can be purchased at most electronic stores and online, make an initial visit to your library to let them know that you want to have access to their eBooks. They will ask for your e-mail address and a pass code and they will show you how to get on their e-media link at www.slcl.org.

Once this is set up they will give you an instruction sheet on how to access their digital home and you can begin to use their search function to look for the books you want by author or title. Or if you don't have a particular book you are looking for you can select a genre (i.e. fiction, non-fiction, biographical, etc.) that will display the most popular titles. Once you select a book, you will be told if the book is immediately available or asked if you wish to place it on hold.

If it is available you can proceed to download the e-version of the book on to your Kindle. If it is not, you can select up to 10 books to put on hold, and the library will send you an e-mail giving you 72 hours to claim the book once it becomes available.



You can check the book out for 7, 14, or 21 days and once the period expires, it will automatically be returned to the library. Since the function is automatic you will never be at risk of incurring a late fee. And if you would rather listen to the book being read to you, the library also has audio versions of the books that can also be downloaded. Enjoy your reading!



Our Library as a Community Center

Where can you go to rent movies, borrow video games and CDs, browse the Internet, download ebooks, take computer classes, play games, or learn new hobbies all for free?

The Thornhill Library offers all of these services and is located within 2 miles of Whispering Hills, 12863 Willowick Dr., off of Fee Fee across from Parkway North High School.

The library is part of Saint Louis County's Library network and provides services beyond borrowing books. Library activities now resemble that of a community center with a variety of monthly activities planned for both children and adults. Events include children's story telling, board games, classes, crafts, and book clubs for all ages. **See the following page for a few of their activities.**



Thornhill Partial Calendar of Events

There are over 50 July events at the Thornhill Library. Here is a sampling. Dates and times may be subject to change and registration may be required. To register for an event or to view the [full event calendar](#), go to www.SLCL.org or call 314-994-3300. The current month's event brochure is also available in the library.

Thornhill Walking Club

Tuesdays 8:30 am

Knitting and Crocheting (Ages 12-Adult)

Most Wednesdays at 6:30 pm

Children's Story (Ages 2-3 & 4-6)

Thursdays 10:30 - 11:30 am

Bridge Club (Adult)

Tuesdays 2 - 4 pm

Teen Arcade (Ages 12-18)

July 18 6 - 8 pm

Yoga (Ages 12-Adult)

July 6 11 - Noon

50+ Bingo

July 12 2 - 4 pm

Chess Club (Ages 8-Adult)

July 27 10:30 - Noon

Movie Night

Oz the Great and Powerful (Adult)

July 13 7 - 8 pm



Click on www.StLouis.About.com.

Enter "4th of July" in the search field (hit Enter key). Scroll down to "Articles Related to 4th of July" – don't miss "4th of July 2012 in St. Louis - 15 Top July 4th Celebrations and ..."

Interesting Websites

www.WhisperingHillsSubdivision.com – Free Live Summer Concert Schedule is posted under "News."

www.VideoJug.com – This is a website that will help you get information about almost anything you want. From food to beauty tips, to sports and technology, the website offers expert advice with over 60,000 FREE, professionally-produced "how to" videos and guides.

www.ExploreStLouis.com – 101 things to do in St. Louis. To get to the Kids Page, with Artsy Stuff, Fun Stuff, Smart Stuff, Wacky Stuff, and Coloring Stuff, click www.ExploreStLouis.com/Visit-Explore/Discover/St-Louis-Kids. All kinds of stuff to do plus the free stuff!

www.StLouisKidsMagazine.com – parents sourcebook, things to do.

www.StlMoms.com – Activities, including Parents As Teachers Tip of the Week, other sites for activity ideas, recipes, and links to Fox News for calendar of events in the St. Louis area.

www.GoCity.ParentsConnect.com – Nickelodeon's parenting resources, kids' events and family friendly places to go. Calendar allows you to select month and day to get activities.

www.StLouis.About.com – Select from free things to do in St. Louis, fun for kids and families, parks and outdoor activities, museums, theatre and more.

www.StlKidsDirectory.com – A family resource guide to the St. Louis area. Local area businesses offer products, services, and activities for infants, kids, teens and youth. Calendar of events, articles and current issues.

www.StLouisKids.com – Fun activities, family vacations, family dining and more.

SUMMERTIME RECIPES

Turkey Burgers with Spicy Pickle Sauce

From Food & Wine

Ingredients

- ▶ 1/2 cup fat-free, plain Greek yogurt
- ▶ 1/2 cup chopped dill pickles
- ▶ 2 tablespoons chopped pickled hot peppers
- ▶ Kosher salt and freshly ground black pepper
- ▶ 2 1/4 pounds lean ground turkey
- ▶ 1 teaspoon smoked sweet paprika
- ▶ Extra-virgin olive oil, for brushing
- ▶ 6 whole wheat English muffins or hamburger buns, split
- ▶ Lettuce and sliced red onion and tomatoes, for serving



Directions

- 1 Light a grill or preheat a grill pan. In a medium bowl, mix the yogurt with the dill pickles and hot peppers and season with salt and black pepper.
- 2 In a large bowl, gently knead the turkey with the paprika and 1 1/2 teaspoons of salt. Form the meat into 6 patties, about 3/4 inches thick. Brush the patties with olive oil and season lightly with salt and black pepper.
- 3 Grill the patties over moderately high heat, turning once or twice, until cooked through, about 12 minutes. Grill the English muffins on both sides until toasted, about 2 minutes.
- 4 Spread the pickle sauce on the English muffins. Top with the burgers, lettuce, onion, and tomatoes. Close the sandwiches and serve right away.

Watermelon-Feta Salad

Whisk 1 part white wine vinegar with 3 parts olive oil, and salt and pepper. Toss with baby arugula, red onion slices, watermelon cubes, crumbled feta, nicoise olives and fresh oregano.



Skirt Steak with Paprika Butter

Total Time: 30 minutes

Servings: 10

Ingredients

- ▶ 6 tablespoons unsalted butter
- ▶ 6 garlic cloves, thinly sliced
- ▶ 1 1/2 teaspoons smoked hot paprika
- ▶ 2 tablespoons fresh lemon juice
- ▶ Salt
- ▶ 5 pounds skirt steaks
- ▶ Vegetable oil, for rubbing
- ▶ Freshly ground pepper
- ▶ Sunchoke-Kale Hash with Farro



Directions

- 1 Light a grill or heat a grill pan. In a small saucepan, melt the butter. Add the garlic and cook over low heat, stirring until golden, about 3 minutes. Add the paprika and cook until fragrant, about 30 seconds. Remove from the heat, stir in the lemon juice and season with salt; keep warm. (Make ahead: The paprika butter can stand at room temperature for up to 4 hours; reheat the butter gently.)
- 2 Rub the skirt steaks with oil and season with salt and pepper. Grill over high heat until nicely charred and medium-rare, about 3 minutes per side. Transfer the steaks to a cutting board and let rest for 5 minutes. Thinly slice the steaks across the grain. Spoon the Sunchoke-Kale Hash with Farro onto a large platter and top with the steak. Spoon the paprika butter over the steak and serve right away.

SUMMER LAWN CARE TIPS

Finally, summer is here and you can start enjoying the lawn you've worked so diligently to perfect! Follow these summer lawn care tips to avoid potential problems that could damage your summer lawn and landscape.

1 Mow

While this may sound simple enough, how and when you mow your lawn is a critical component of summer lawn maintenance.



Mower Height

A mowing height between 2.5 to 3 inches is best for most of the season, except during summer stresses when the lawn mowing height should be raised one-half inch to mow at 3 to 3.5 inches. Raising the mowing height provides more insulation from summer heat and reduces water loss from your soil.

Grass Length

Be sure not to let your grass grow too long, because removing more than one-third of the total leaf blade height at one time could stress your lawn. Keeping your lawn mower blades sharp helps to protect the grass from lawn diseases. A dull mower blade shreds or tears the tips of the grass, leaving the grass vulnerable to lawn disease.

Grass Clippings

Many homeowners are confused about what to do with their grass clippings. Mulching and returning your clippings to the lawn returns nutrients and does not contribute to thatch. The only times it makes sense to collect clippings would be if you had a severe disease and you did not want to further contaminate the lawn, or if the leaf clippings are too long.

Mow Wet? Or Wait?

If you have the dilemma of deciding whether it's better to cut the grass when it's wet or let it get too tall, it's better to cut it when it's wet. Although this can create some clumping with your clippings, it's better to get the grass cut, and remove the clippings rather than letting the grass get too tall. Do not mow a wet lawn if you have lawn disease in order to minimize the spread of many diseases including red thread, dollar spot, patch disease or other lawn fungus diseases.

2 Irrigate

The amount of water your lawn requires can vary depending on weather conditions, soil drainage and the amount of sun or shade in your landscape. A good rule of thumb is to ensure that your summer lawn receives approximately one inch of water per week. You may use a rain gauge or a container to determine how much water you need to supplement any rainfall.

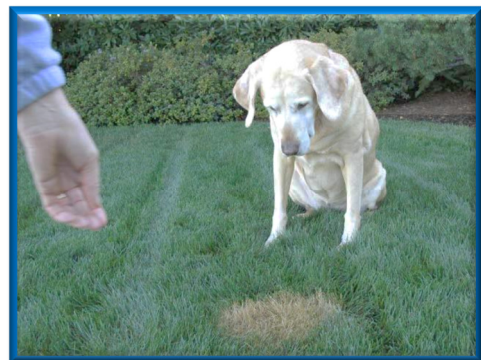
3 Identify and Treat Lawn Diseases

A professional lawn care service can survey your landscape to spot any dangers for early lawn disease and to identify the best types of weed control products or other lawn care treatments to ensure a healthy, green lawn throughout the summer.

Among the many common types of summer lawn disease is dollar spot, which can affect many types of grass. Patch disease is another common type of summer lawn disease, but the infection doesn't become obvious until the plants go into stress, so preventive treatment as a part of your lawn care program is important.

4 Control Weeds

An important component of a summer lawn care program is weed control. Quality weed control starts with an inspection of your turf in order to spot unwanted growth early on. Use two basic types of lawn treatment for weed control in your landscape: pre-emergence weed control treatments and post-emergence treatments. A lawn specialist can develop a program that addresses your personal preferences and integrates carefully targeted treatments for weeds such as crabgrass and other problems in your lawn.



SUMMER SAFETY TIPS -1-

From Health.Discovery.com

The National Safe Kids Campaign estimates that every year, one in four kids ages 14 and younger will sustain an injury that requires medical attention. Forty percent of all injury-related emergency room visits and 42 percent of all injury deaths happen between May and August. We can keep kids free from about 90 percent of these accidents by educating ourselves and our kids on how to stay safe while still enjoying summer vacation.

1 Bites, ticks and stings

Outdoorsy types aren't the only ones who need to worry about ticks -- you could pick one up in your own yard while gardening or playing outside. Prevent tick bites and tick-borne illnesses with these four steps:



Clothing

It's smart to wear light-colored clothing and shoes during the summertime because they help keep you cooler -- and, as it turns out, they help you spot any ticks that may be crawling on you. Also, although it won't win you any fashion awards, tucking your pant legs into your socks can help minimize ticks crawling up your legs or into your shoes.

Repellent

There are different types of repellents: those that contain DEET and those that don't. Use insect repellents containing DEET on kids sparingly. Never use repellent on infants and check the levels of DEET in formulas before applying to older kids -- DEET can be toxic. Repellents with 10 to 30 percent concentrations of DEET can be used on exposed skin, clothing, and shoes but do not apply it to faces or hands. If you want to avoid DEET, the Centers for Disease Control and Prevention (CDC) recommends repellents that contain picaridin or oil of lemon eucalyptus, both are non-toxic and able to reduce mosquito bites just as well as formulas with low levels of DEET.

Be Vigilant with Tick Checks

Ticks like to hang out in grassy or wooded areas, and they are especially fond of places that are moist or humid.

Do a tick check on everyone in the family every night. Contracting a tick-borne illness can take up to 36 hours if a tick isn't removed, so you want to be prompt and thorough. Check under the arms, between the legs, around the waist, inside the navel, and don't forget the hairline and scalp. Tick removal isn't complicated but there is a technique. Use

fine-tipped tweezers, not your bare fingers, to detach the tick. Hold the tick in the tweezers (get as close to the skin as you can) and pull upwards. Be as steady as you can, as twisting and turning could cause the tick's mouth to break off under the skin (if that happens, use your tweezers to remove it). That's it -- it's out!

Disinfect the area and you're done.

Did You Know? Tick season is generally April through October, although that depends on where you live. For example, if you live in a warmer climate, your tick season will be longer.

2 Pool Safety

They don't hang those "No running!" signs poolside for decoration. According to SafeKids, in 2006 more than 3,700 kids younger than 5 years old were injured in near-drowning incidents, and every year, more than 830 kids ages 14 and younger die due to unintentional drowning.



It should go without saying but we'll say it anyway: Never leave kids alone near the pool, no matter what their ages or swim capabilities are. Parents can and should take precautions around home pools, in addition to closely supervising kids while they swim. Installing fencing around pools, at least 5-feet high, all the way around and with a self-closing, self-latching gate, can prevent 50 to 90 percent of accidental drowning incidents. Pool and gate alarms -- they alert you to when the pool water becomes agitated and when the gate is opened -- add another layer of protection.

Did You Know? Wearing a personal flotation device while boating can save your life. All states have specific regulations for life jackets, for adults and kids. Be sure it has a snug fit -- snug enough to stop a kid's ears or chin from slipping through.

3 Playground Safety

More than 205,000 kids visit emergency rooms with playground-related injuries every year, estimates the Consumer Product Safety Commission (CPSC). Many of these injuries could be prevented with a little precaution and adult supervision.

Check the playground equipment before letting kids play on it. For example, surfaces that are too hot can cause burns, and loose ropes -- ropes that aren't secured on both ends -- can cause accidental strangulation. The ground should be covered in a protective surface such as rubber mats, wood or rubber mulch or wood chips, never grass, asphalt or concrete.

SUMMER SAFETY TIPS - 2 -

The right surface materials could reduce the risk of head injury or other severe injury in the event of a fall.

Also, be sure that your child's clothing is playground-friendly: Remove any strings, such as those on hoodies, only let them wear closed-toed shoes at play and avoid clothing that is loose enough to catch on equipment.

4 Safe Rides

Nearly 300,000 kids make a visit to the emergency room every year with bike-related injuries, some resulting in death or severe brain injury. The Consumer Product Safety Commission (CPSC) sets standards for helmets, so be sure to choose one with its safety seal on it.

Whether or not you wore a helmet while riding your bike as a child, it's a must for kids these days.



Keeping kids safe on their bikes also means sending them out on bikes that fit. Checking that your child hasn't outgrown last year's ride is easy: Have your child straddle the top bar of his or her bike with both feet flat on the ground. A 1 to 3-inch gap between the bar and your child's body means it's still the correct size.

Did You Know? *Road safety: Teach kids to always ride in the same direction as the traffic flow, and to obey all traffic signs.*

5 Poison Ivy

Poison ivy, as well as poison oak and sumac, contains an oil called urushiol, which when it comes in contact with skin, causes an allergic reaction in about 85 percent of the population. The subsequent rash that develops will only appear where the skin came in contact with the plant's oil -- and luckily, it isn't contagious, but it can spread through indirect contact (such as petting a dog that has run through poisonous plants).

Symptoms of a poison ivy rash may include:

- ▶ Itchy skin
- ▶ Redness or red streaks
- ▶ Small bumps or hives
- ▶ Blisters that drain fluid when popped

The only way to avoid developing the rash is to avoid contact with these poisonous plants, but wearing clothing that covers a good amount of skin will help reduce your risk. Home treatment for mild cases includes cool showers and oatmeal baths. If itching and swelling become moderate to severe, prescription medications can be used to reduce symptoms.

6 Food Poisoning

Summertime offers so many gorgeous days for picnicking and cookouts. But don't let the heat ruin your outing -- food-borne illnesses are caused by bacteria (such as E.coli, Salmonella, Clostridium botulinum, Listeria, Campylobacter and Clostridium perfringens), viruses (such as Norwalk virus), parasites and other toxins.

Food-borne illness looks a lot like the flu, and typically includes nausea, stomach cramps, vomiting and diarrhea. Symptoms can range from mild gastrointestinal discomfort to bloody stools.

One of the best ways to avoid food poisoning during the summertime is to be sure food items that contain mayonnaise, milk, eggs, meat, poultry and seafood aren't kept at room temperature for more than an hour or two (one hour max if it's 90 degrees F outside). Meat and eggs aren't the only culprits; raw fruits and vegetables can cause problems if not properly washed and stored. If you're traveling with food, be sure to pack any raw meat separately from ready-to-eat foods to avoid contamination.



7 Heat-related Illness

Keep water or sports drinks (with electrolytes) on hand to maintain hydration, and try to stay in a shady or air-conditioned location during the hottest parts of the afternoon.

Mild symptoms -- heat exhaustion -- may include feeling thirsty, fatigue and cramps (legs or abdominal). If left untreated, heat exhaustion can progress to heatstroke.

Heatstroke is serious. Symptoms may include any of the following: dizziness, trouble breathing, headaches, rapid heartbeat, nausea, vomiting, confusion and changes in blood pressure. Skin may be flushed and feel hot and dry (not sweaty). Body temperature may rise to 104 degrees F

SUMMER SAFETY TIPS - 3 -

or higher, and as it becomes more severe, the risk of organ damage (to the liver, kidneys and brain) increases.

Kids are more susceptible to heat illnesses than adults are because their central nervous system is not yet fully developed. Strenuous activity and dehydration make it difficult for young bodies to regulate changes in body temperature, and chronic health conditions such as diabetes or cardiovascular disease and medicines such as antihistamines also increase the risk. Kids are also at risk for heat illnesses if left in a hot car -- even if the windows are cracked and even if it's only for a few minutes. Never leave a child unattended in a car.

Did You Know? *The CDC estimates that about 400 people die every year from heat-related illness.*

8 Hydration

Did you know that if you're feeling thirsty, you're already mildly dehydrated? Relying on thirst as a reminder to take a drink leaves you at risk for dehydration. So to be sure your kids are OK, look for these other signs, instead, which can indicate that a child is dehydrated:



- ▶ Dizziness
- ▶ Dry mouth
- ▶ Cessation of sweating
- ▶ Irritability
- ▶ Lethargy
- ▶ Fatigue
- ▶ Dark yellow urine
- ▶ Anuria (lack of urine) for 12 hours (or 6 hours for infants)
- ▶ Tearless crying
- ▶ Sunken eyes

The American Academy of Pediatrics (AAP) recommends drinking about every 20 minutes if kids are active in sports; about five ounces is right for a kid weighing 88 pounds.

Water and sports drinks (drinks that contain electrolytes) are the best options for hydrating kids -- avoid sodas, juice and other fruit drinks. The National Alliance for Youth

Sports recommends choosing beverages that contain 100 mg (or more) of sodium and 28 mg (or more) of potassium in an 8-ounce serving (if choosing sports drinks, watch out for high sugar content).

9 Sunburn

According to Foundation, sunburn when chances of developing melanoma.

Regardless of age and skin type (whether or not you burn easily), the American Academy of Dermatology recommends that everyone, adults and kids alike,



apply a water-resistant sunscreen that protects

against both UVA and UVB rays every day of the year -- yes, even in winter and on cloudy days. Choose a sunscreen that is at least SPF 30 and apply it 15 to 30

minutes before going outside.

When using sunscreen, apply as much as would fill a shot glass (1 ½ ounces) -- and if you're using both sunscreen and insect repellent, apply sunscreen first and then repellent.



Did You Know? *Sunscreen should be applied every two hours (or so) and after swimming or vigorous activity (anything that causes you to sweat a lot).*



Ouch!
Don't come home red!

DANCING, SURVEY & IMMINENT EVENTS

Pardon me, would you like to dance?

Have you ever watched the jazz dancers from the 1920's through the 1950's or that used fast foot work and high energy spins moves? Have you said to yourself "I wish I could do that?"

Well, guess what? Now you can learn how and you don't have to be a Fred Astaire or Ginger Rodgers to do it. You may not know it, but you have a wonderful facility and two local organizations that are right here to teach you.

The Moolah Shrine, 12545 Fee Fee Road, at the intersection of Ross Rd. and Fee Fee, is a not for profit organization that you probably know as the Shriners. They build children's hospitals around the world and at this location they also sponsor two "Swing Dance Nights" each week.

At the Shriners you will learn the St. Louis version of the east coast swing call the "Imperial" and the "Lindy Hop."

The first one is held on Tuesday night from 7:00 PM to 8:00 PM and it is sponsored by the West County Swing Club. They meet in the third floor ballroom and they have certified instructors who give introductory through advanced level swing dance lessons followed by an open dance floor from 8:00 to 10:30 PM. The lessons are \$5.00 per person and there is food and drink available for purchase.

The second one is sponsored by the Shriners on Friday nights from 7:00 PM to 7:45 PM at the main floor Oasis Ballroom. There is no cost for these lessons but there is a \$6.00 admission fee. The lessons are given by certified instructors. Then there is an open dance floor from 7:45 to 11:00 PM. There is also food and drink for purchase and parking is free.

If you want more information you can visit their website www.MSSDC.org.



New! Interests & Activities Survey

If you're like us, you're probably wondering who in Whispering Hills shares your passion for trains, needlepoint, organic gardening, murder mysteries, bird watching, opera, investing, scrapbooking, etc. etc. ...and you think it would be pretty darned nice to make a new friend.

So we're creating a special survey for you! In the next few weeks you will receive an email with a link to the survey. All you need to do is complete the survey and we'll get back with you and get the ball rollin'!

Click on any of the links below for more information on these events that are *just around the corner*, as well as later in the summer .

Creve Coeur Days Festival

www.CreveCoeurDays.com

Thursday, June 13 – Sunday, June 16

DeSmet Jesuit High School

- ▶ **Children's Bike Parade** (*pre-registration req'd*)
- ▶ **Pet Show "Competition"** (*on-site registration*)
- ▶ **Midway**
- ▶ **Live Entertainment** (dance performances, bands)

Shakespeare Family Festival featuring "As You Like It"

www.CreveCoeur.Patch.com Enter "Shakespeare Family Festival" in the Search field (hit Enter).

Saturday, June 29 9 am – 1 pm and 4 – 8 pm
Millennium Park (Creve Coeur)

www.Creve-Coeur.org:

Pint Sized Party – Dads Rule!

For kids ages 3-5, fun event will focus on our favorite guy. Crafts, games and activities will get kids thinking and having fun. Participants must be potty trained and pre-registration is required. \$9 residents, \$12 non-resident

Friday, June 14 9:30 – 11 am
Dielmann Recreation Complex

Passport to Play!

Ages 5-12 are invited to experience the joy of outdoor play with games you loved as a kid. All events are free!

Saturday, June 22 10 am – Noon Bierne Park
Tuesday, July 9 6 – 8 pm Millennium Park
(*plan to get wet and wild*)

Harlem Globetrotters Summer Skills Clinics

www.CreveCoeur.Patch.com/...Harlem-Globetrotters

Monday, June 24 @ Noon

St. Charles 24 Hour Fitness® 1095 Regency Pky

Inspirational to all ages, and so fun to watch:

www.SMSG.org/Senior_Games:

Missouri State Senior Games

Fri, June 14 – Sun, June 16 Columbia, MO

Southeast Missouri Senior Games

Wed, Aug 21 – Sat, Aug 24 Perryville, MO

Franklin County Silver Games

Sat, Sept 7 - Thurs, Sept 12 Union, MO