

GARDENING IN THE HEAT OF SUMMER – JUNE AND JULY

From the Garden Club

The Spring Garden was exciting, full of wonder and delight at the discovery of returning 'friends', survivors of our challenging winter weather. Spring planning and planting of new treasures gave us hope of future beauty. Now we are entering the muggy humidity of our Southern summer and our gardens begin to droop and wither with the heat soon after the sun rises. So we need to get out and enjoy the beauty early. Searching for gremlins attacking plants and attending to their banishment as soon as possible is important. Watering early on a daily schedule is more a slow soaking so that the soil will hold the moisture, rather than an aerial sprinkling which does little to aid the roots that thirst for every drop this time of year. Snip off flowers that have finished their show and cut back leggy plants so they can conserve strength for later reblooming. This goes for herbs too – which should be gathered early in the morning for use during meal prep later in the day. Make a 'bouquet' of them in a glass of water and leave them on the counter to enjoy until needed. Summer planting should be kept to a minimum as plants are too easily stressed this time of year. Mulching is extremely important to keep weeds at bay and hold

moisture in the soil during the heat of day. Just remember not to pile mulch against the stem/trunk of the plants as this encourages gremlins and mold to adhere to the base of the plants/shrubs/trees and cause damage. If you have questions about Summer Gardening in the Low Country search the Clemson website: <http://hgic.clemson.edu> which is the House and Garden Information Center for Clemson. It's a wealth of information and it's free!! If you need your soil tested (a good idea for newbies) there is a small fee, but well worth the price. You can pick up "The Lowcountry Gardener" put out by The Beaufort Council of Garden Clubs at Buds and Blooms and several stores downtown for just \$5.00.

If you are interested in joining a garden club, and learning first-hand about gardening in our neighborhood – email Royal Pines Garden Club President Cynthia Curnes at: cynthiacurnes.cc@gmail.com Enjoy summer in the garden and look for the announcement of 'Garden-A-Day' coming up the week of June 4th through the 8th – a wonderful way to see a variety of Beaufort gardens for FREE!!

ARCHITECTURAL REVIEW BOARD

The purpose of the Covenants and ARB Guidelines is to guide the RPHOA Board of Directors in the administration of the Community. You may or may not agree with the interpretation and administration by the Board of Directors but unless you get involved as dues paying member nothing will change. We have yet to hear that the Annual Membership fee of \$85 for a residence and \$45 for an unimproved lot is not one of the best investments you can make in your home, which for most people is their single largest investment. Nobody living in Royal Pines can honestly say they cannot afford the \$85 dollar "a year" membership.

How is the Annual Membership fee spent?
>First and foremost, it goes towards Insurance. Every Association must have Liability Insurance.
>The second largest expense is mowing over 12 miles of Berm several times a year in addition to the SC Dept. of Transportation mowing efforts.
>The Covenants require an annual meeting notification mailing to ALL property owners which includes printing and postage expenses for over 700 Property

Owners.

- >The Association puts on several functions such as the Halloween, Christmas and Easter gatherings which involve light expenses.
- >At the Yard Sales food and drink has been provided by the Association. These functions have been open to all Property Owners.
- >Finally, there are variable costs such as postage, printing, supplies and legal expenses when necessary.

From time to time as needed there will be legal expenses necessary for the Board to administer their responsibilities.

Less than 1/3 of all the Property owners pay the annual dues of \$85 dollars a year yet all 700 plus Property Owners benefit from this. If you are not a dues paying member don't waste the Boards time with petty complaints.

(Cont'd on page 5)

Survey Shows Strong Early Support for Land, Roads Referenda

"The Sea Island Coalition sees the proposed road improvements and land protection as key tools to help manage growth," said a Coalition spokesperson.

"Given the County Council's decision to include on the November ballot a sales tax increase to fund road improvements, and its consideration of a second question to benefit Rural & Critical Lands, we felt it important gather some indication of voters' current views. The Coalition's Policy Committee has voted to support both proposals and wants to see both proposals on the November ballot.

"We didn't hide the intent; we asked straightforwardly if respondents would vote in favor of a sales tax increase for roads, and a property tax increase for land protection," and significant majorities said yes to both questions," she said.

Beaufort County Council has already voted to include a \$120 million sales tax for road and bridge improvements on Lady's Island and Hilton Head. It is discussing adding a proposed \$50 million bond issue to fund Rural & Critical Lands' land protection activities. The latter will get a second reading at the Council's May 14 meeting.

Question one asked "The Beaufort County Council is considering a \$50 million bond issue for land and water quality protection. Funds will be used to continue acquisition of natural lands and farmland throughout Beaufort County. Passage of this ballot question would result in an increase in local property taxes of about \$1.50 per month or \$18 per year for an owner-occupied home assessed at \$250,000. Knowing only what you now know, if presented with this question on the November ballot, how would you vote?"

More than 50% said they would "definitely" vote for this proposal, and another 29%+ indicated they "probably" would vote yes.

On question two, which dealt with a sales tax increase to fund road improvements, 45.35% said "definitely yes," with another 30% responding "probably yes." That question read: "Voters in November will be asked to approve a one-cent increase in the sales tax specifically to fund road improvements in Beaufort County. Some \$30 million of the funds raised will be used specifically for road improvements on Lady's Island designed to improve traffic conditions. As an increase in the sales tax, everyone – visitors to the county as well as local residents – will contribute to the fund. Knowing only what you now know, if presented with this question on the November ballot, how would you vote?"

The final question sought to measure how respondents might vote if both issues were on the ballot, and whether one might "cannibalize" the other.

"If asked at the same election to vote on both of these proposals, and knowing only what you now know, how would you vote? (You may check two choices on this question...)." Here, there was no evidence of cannibalization, with 79% voting yes on the bond issue and property tax increase, and 77% saying they would vote yes on the sales tax increase.

Results of the study were communicated via e-mail to County Council members on Wednesday, and a spokesperson for the Coalition said it expected to have representatives at the May 14 Council meeting to speak to the findings.

RECIPE OF THE MONTH

Chicken Salad with Dried Cranberries, Fennel, & Toasted Almonds

Chicken salad can be made in about a million different ways. No matter how I make it, I always include something crunchy, whether it's the typical chopped celery or something a little different. In this version, the crunch comes from fennel and almonds. Tart dried cranberries add punch, but feel free to try another dried fruit, such as dried cherries or chopped dried apricots.

Cost Moderate, Easy, Make Ahead Recipe-Yes, Kid Friendly-Yes, One Pot Meal-Yes, Dietary Consideration Lactose-free, Peanut Free, Meal Brunch, Dinner, Lunch

Ingredients

4 cups chopped roasted chicken (about the amount from a whole chicken)
1/4 cup dried cranberries
1/4 cup diced fennel bulb

1/4 cup sliced almonds, toasted

1/2 cup mayonnaise

1 tablespoon freshly squeezed lemon juice

1 teaspoon chopped fresh flat-leaf parsley

1/8 teaspoon freshly ground black pepper

Instructions

Place the chicken, cranberries, fennel, almonds, mayonnaise, lemon juice, parsley, and pepper in a medium bowl and stir with a fork until well combined. Use in a sandwich or on some mixed greens for a nice lunch salad, or store in an airtight container in the refrigerator for up to 5 days.

By Chef Gale Gand

Hurricane Preparedness - Be Ready

NOAA's Climate Prediction Center is forecasting a 75% chance that the 2018 Atlantic hurricane season will be near- or above-normal.... Forecasters predict a 35% chance of an above-normal season, a 40 percent chance of a near-normal season, and a 25% chance of a below-normal season for the upcoming hurricane season, which extends from June 1 to November 30th. The advances made in hardware and computing over the course of the last year, the ability of NOAA scientists to both predict the path of storms and warn Americans who may find themselves in harm's way is unprecedented," said Secretary of Commerce Wilbur Ross. "The devastating hurricane season of 2017 demonstrated the necessity for prompt and accurate hurricane forecasts." NOAA's forecasters predict a 70% likelihood of 10 to 16 named storms (winds of 39 mph or higher), of which 5 to 9 could become hurricanes (winds of 74 mph or higher), including 1 to 4 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher). An average hurricane season produces 12 named storms, of which 6 become hurricanes, including 3 major hurricanes.

Now is the time to prepare. This article is composed of information obtained from both the state and federal information sites. We truly pray that we do not experience this again, but hurricanes and weather in general can be extremely unpredictable.

Make a plan and know where to go BEFORE it is necessary to make the decision to leave. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Now is the time to gather this information, not the day of evacuation.

Put together a disaster supply kit, including flashlights, batteries, cash, first aid supplies, and copies of your critical information if you need to evacuate

If you are not in an area that is advised to evacuate and decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads.

Make a family emergency communication plan. Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the Internet with your town, city, or county name and the word "alerts."

PREPARE YOUR HOME

Hurricane winds can cause trees and branches to fall, so before hurricane season trim or remove damaged trees and limbs to keep you and your property safe.

Secure loose rain gutters, downspouts and clear clogged areas or debris to prevent water damage to your property. Store furniture, unsecured items around your home.

Purchase or install a generator for use during power outages. Remember keep generators and other alternate power/heat sources outside, at least 20 feet away from windows and doors and protected from moisture; and NEVER try to power the house wiring by plugging a generator into a wall outlet.

A Basic Disaster Supplies Kit

*Important family documents such as copies of insurance policies, mortgage or lease, medical records, identification and bank account records in a waterproof, portable container. Cash or traveler's checks and change

*Water, 1 gallon of water per person per day for at least 3 days, for drinking and sanitation

*Food, at least a 3 day supply of non-perishable food. Pet food and extra water for your pet

*Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries Flashlight and extra batteries. Cell phone with chargers, inverter or solar charger

*First aid kit to include all medications that you take and extra glasses or contacts, if needed.

*Whistles to signal for help. Local maps. Emergency reference material/first aid book

*Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

*Moist wipes, garbage bags and plastic ties for personal sanitation. Personal hygiene items.

*Wrench or pliers to turn off utilities. Manual can opener for food

*Infant formula and diapers, Paper and pencil, Books, games, puzzles or other activities for children

*Sleeping bag or warm blanket for each person.

*Household chlorine bleach and medicine dropper – When diluted 9 parts water to 1 part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

*Fire Extinguisher. Matches in a waterproof container

*Mess kits, paper cups, plates and plastic utensils, paper towels

* Decide what you are taking, prepare it in advance, store what needs to be kept dry in strong plastic, ziplock type bags. Consider packing everything in sturdy plastic bins and have everything ready to grab and go.

(Cont'd from page 2)

The interpretation of both Covenants and ARB Guidelines is the responsibility of the Board of Directors. It is important to note that South Carolina Appellate Court cases have agreed with the interpretations and administration of the Covenants and ARB Guidelines used by the current and past RPHOA Boards. With the assignment of ownership of the Covenants several years ago, the Board of Directors is legally obligated to enforce the Covenants and ARB Guidelines on behalf of all Property Owners.

The ARB Committee can help Property Owners with meeting both RPHOA requirements and Beaufort County Requirements. Remember we are a Volunteer Organization so allow enough time for obtaining approvals or answers to questions.

The most common requests to the ARB are Tree Re-

moval, Fences and Sheds. However, any change to the exterior look of any home should be run by the ARB. This would include additions, decks, Gazebo's, painting, adding a front porch railing, roof replacement. Not all requests will require an Application or fee. You are safer checking with the RPHOA first.

Property Surveys

For both new and existing Property Owners if you did not have a Survey of your property when purchased you may want to revisit that. There have been several issues concerning property lines and you are better off knowing where your property line is rather than find out after the fact and have to relocate anything not properly situated. Any construction project requiring a Beaufort County Permit will require a Survey of your property in order to get a permit. The RPHOA does not get involved with Property Line Disputes.



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"Got a Mess, Call the Best"

Real Easy Apple Cider Pork Tenderloin

By Bobby Deen & Jamie Deen

We're big fans of pork tenderloin because it cooks pretty fast and you don't need to do much to it for it to come out meaty, satisfying, lean, and juicy all at once. Here the pork is a little sweet from the apple cider and tangy from apple cider vinegar. Roast some sweet potatoes and make a salad while the pork is cooking, and you've got a beautiful meal for the family or for company.

Serves 4 to 6; Cooking Method-Roasting; Cost-Moderate; Easy; Total Time-under 1 hour;

Kid Friendly-Yes; Occasion-Casual Dinner Party, Family Get-together; Recipe Course-Main Course;

Dietary Consideration-Egg-free, Gluten-free, Low Carb, Peanut Free, Soy Free, Tree Nut Free;

Five Ingredients or Less-Yes; Meal-Dinner.

Ingredients

2 tablespoons unsalted butter

1 tablespoon olive oil

Two 1-pound pork tenderloins

1 teaspoon salt

½ teaspoon freshly ground black pepper

1 cup fresh apple cider

¼ cup apple cider vinegar

¼ teaspoon dried thyme

Instructions

Preheat the oven to 350°F.

Heat the butter and olive oil in a large ovenproof skillet with a lid or in a Dutch oven over medium-high heat. Season the tenderloins with the salt and pepper. Sear the tenderloins until brown on both sides, 3 to 5 minutes per side. Add the apple cider, vinegar, and thyme and simmer, scraping up all the browned bits from the bottom of the pan.

Cover the pan and transfer to the oven. Cook, turning once after 10 minutes. Cook for 10 minutes more, or until an instant-read thermometer inserted into the thickest part of the meat registers 150°F.

Transfer the pork to a platter and cover loosely with aluminum foil. Put the skillet with the cider juices on the stove over high heat and cook until the liquid is slightly thickened and reduced to 1/2 cup, 5 to 7 minutes. Slice the pork and serve with the sauce spooned over.

REMEMBER!

ALL ADDITIONS OF THE RP TIMES ARE AVAILABLE ON THE
RPHOA WEBSITE IN COLOR

www.royalpineshomeowners.com

PLEASE JOIN TODAY

Annual Membership \$85.00

Unimproved Lot \$45.00

Complete the form below and include it with your remittance. Make your check payable to "RPHOA" and mail to RPHOA, P.O. Box 1763, Beaufort SC 29901. If you like, you can bring it to a monthly Board Meeting on the first Thursday of each month. If you choose not to join, please consider making a contribution to assist the Association in covering its costs of operations. The Association's sole reason for existing is to create an environment in the Royal Pines Community that helps maintain the value of our homes and fosters a sense of community.

NAME(S): _____

ROYAL PINES PROPERTY ADDRESS: _____

EMAIL ADDRESS: _____ PHONE # _____

MAILING ADDRESS (if different than property address): _____



MARY KAY FACTS

1. In brand recognition MK is #2 in America - #1 is Coca Cola.
 2. In distribution MK is #1, P&G is #2, LL Bean #3
 3. Women who earn between \$15-30K annually are taking home poverty level pay or below after travel, parking, child care, insurance and day care
 4. MK has **MORE women make over \$100,000** a year than any other company in the world
 5. MK has **MORE women who make over a MILLION** dollars a year than any other company in the world.
 6. MK is the #1 seller of skin care and color products in the U.S. and in the top 4 globally.
 7. Of each retail dollar, 79% is given back to MK Sales Force
 8. The **avg, monthly income for a MK Director is \$5,000 - 25,000**. This DOES NOT include personal sales which would be extra income to you.
 9. MK is a dual marketing system and it's business plan is studied in 6 of the top 10 business schools in America, including Harvard.
 10. There are **NO TERRITORIES, NO QUOTAS**
 11. Over \$125 million worth of FREE cars are earned and driven by MK consultants.
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 13. MK is an established 55 year old company dedicated to empowering women.
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 15. MK is a world leader in banning animal testing and is a leader in producing 0 waste in the environment.
 16. MK offers on-going training, even though you are your own boss.
 17. The tax benefits that result from owning your own business can help you reduce your tax obligation (check with your CPA regarding your personal situations)
 18. MK offers a 90% buy back of your products within your first year, if you decide this is not for you.
 19. MK offers a 100% guarantee on its products.
- Are you prepared for all of life's emergencies, children's education, medical expenses, etc., that always seem to pop up? Do you have a Plan B for "just in case". Perhaps, **now is the time** to consider starting an emergency fund or to help make ends meet. To find out more and how this could work for you, contact me for a private, 1 on 1 conversation. KAREN HARDY, 843-441-1204

Summer Safety Tips: A Guide to Protecting Kids When Activities Heat Up

Longer days, lighter nights and more worrying. Yup, it's summer. And before your kids race out the door, you're doing all you can to protect them from sun, bugs, head injuries, etc.

There's something about this season that makes kids run faster and play harder. And like everything else parents carefully do to protect their kids -- cooking healthy kid food, hiring the right babysitters, buckling them into car seats (or shouting out seat belt reminders) -- summer takes preparation, too

Here's how you and your summer babysitter or nanny can help keep kids safe this season -- without feeling like Summer Cop, monitoring the fun right out of their vacation.

Be Sun Savvy Here's a summer-bummer: a person's sunlight exposure during childhood and adolescence is generally considered to increase the risk of melanoma. We've heard it all before, but make sure your family and caregivers all have the same sun-strategy. Vilma Cokkinides, PhD, strategic director, Risk Factor Surveillance for the American Cancer Society, helped come up with these tips for sun safety:

Apply early and repeat. For kids six months and older (as well as adults), sunscreens with a Sun Protection Factor (SPF) of 15 or greater reduce the intensity of UVRs that cause sunburns. Apply liberally 15 to 30 minutes before sun exposure, so it can absorb into the skin and decrease the likelihood that it will be washed off. Reapply every two hours and after kids swim, sweat or dry off with a towel. For most users, proper application and reapplication are more important factors than using a product with a higher SPF.

Cover. Dress kids in protective clothing and hats. Clothing can be an excellent barrier of ultraviolet rays. Many light-weight sun-protective styles cover the neck, elbows and knees.

Keep infants out of the sun. Keep babies younger than six months out of direct sunlight, dressed in cool, comfortable clothing and wearing hats with brims. The American Academy of Pediatrics (AAP) says sunscreen may be used on infants younger than six months on small areas of skin if adequate clothing and shade are not available.

Plan early morning play. For kids beyond that baby stage, Cokkinides advises parents to plan outdoor activities to avoid peak-sun hours (10 a.m. to 4 p.m.) as much as possible. Sound impossible for your active kids? Make sure you all can get a break from the sun, when needed.

Beware of shade. Many people think sitting in the shade is a simple sun compromise. Shade does provide relief from the heat, but it offers parents a false sense of security about UVR protection. You can still sunburn in shade, because light is scattered and reflected. A fair-skinned person sitting under a tree can burn in less than an hour.

Check the weather. Look for the ultra-violet (UV) index (on a site like Weather.com) when planning outdoor activities; it predicts the intensity of UV light based on the sun's position, cloud movements, altitude, ozone data and other factors. Higher UV index numbers predict more intense UV light.

Splash Safely (and Other Water Rules) Drowning happens quickly and quietly -- not with a lot of splashing, reminds Emily Samuel, water safety program manager for Safe Kids Worldwide, a nonprofit organization solely dedicated to eliminating preventable childhood injuries. In fact,

drowning is the leading cause of unintentional injury deaths in kids one to four-years-old. Here are some helpful tips to prevent accidents around the water.

Stay off cell phones. Don't allow yourself to get distracted when your kids are in the water. And, yes, chatting with other parents is a common distraction as well.

Know your skills. Adults and caregivers should refresh their Infant Child CPR certification each year, especially before summer, if there is a pool involved. Kids should never swim alone, and having adults or caregivers know water safety skills is smart.

Put a guard up. Even kiddie pools in backyards should be drained after use, urges Samuel. For houses that have swimming pools, fencing should be at least four feet high and surround the pool on all sides, with doors that close and lock by themselves. Pool supply companies may offer options for alarms and other safety systems. Remember to never rely solely on an alarm or a fence. Train your kids to never go near the pool without an adult.

Educate yourself. The Consumer Product Safety Commission has a pool safety guide where families can find out how to keep kids safer at any pool -- whether it's the community park or your child's camp.

Beware of Bugs Unfortunately, those blood-sucking critters are a part of summer nights, and, yes, even days. Anjali Rao, MD, a pediatrician at Northwestern Memorial Hospital in Chicago gives these suggestions on how to stay safe from insects:

Check for allergic reactions. Some kids react to insect bites more than others. If your child gets bitten and seems to have an allergic reaction to the bite, seek medical attention to see if you should give your child an oral antihistamine or other medication.

Beware of serious bug-borne illnesses. Most people who contract Eastern Equine Encephalitis ("Triple E"), a mosquito-transmitted illness, do not show any symptoms. But here's the good news: this illness occurs relatively infrequently and mostly in and around swampy areas where human populations tend to be limited. West Nile is another virus you'll hear about when the heat strikes. Basically, if there are symptoms of either of these illnesses, they are flu-like, so if you hear of instances in your area, and your child has bites and flu-symptoms (and muscle-stiffness for West Nile), go to a doctor. It's better to be safe.

Check for ticks. Ticks thrive in warm, moist, woody areas, so ideally kids should wear long clothing to cover their skin, but let's be realistic: in the heat of summer, that's hard to do. Dr. Richard Lichenstein, director of pediatric emergency medicine research at the University of Maryland Hospital for Children, says that to help prevent ticks from attaching themselves to your kids, check them and shower within two hours of coming indoors. Clothes are a culprit, too; ticks can come in on a t-shirt! If the clothes aren't dirty enough to need washing (dream on), do it anyway. Placing clothes in the dryer on high heat for at least an hour will kill any ticks.

Kids six and older can check themselves, with adult guidance, but they must check their entire body, not just forearms and legs: under the arms, in and around the ears, inside the belly button,

(Summer Safety Tips cont'd on page 8)

A Look Inside of the Beaufort County Sheriff's Office

Thought it might be of interest to some of our neighbors to know that Sheriff P.J. Tanner encourages Beaufort County residents and guests to stay informed on issues surrounding public safety. To raise awareness of the many services provided by the Sheriff's Office, a video series, "Lowcountry Law: A Look Inside of the Beaufort County Sheriff's Office," was launched and premiered on February 2, 2018.

The seventh episode of the "Lowcountry Law" series has been uploaded to the Sheriff's Office YouTube page and is now available for you to view: <https://youtu.be/TxKalaVVNqQ>. In observance of May as Mental Health Awareness Month, the seventh episode highlights the Sheriff's Office's longstanding partnership with the National Alliance on Mental Illness (NAMI) to provide training to our deputy sheriffs and emergency dispatchers to better recognize and address situations involving those suffering from mental illness.

You can access "Lowcountry Law: A Look Inside of the Beaufort County Sheriff's Office" through the following locations:

Facebook page: <https://www.facebook.com/BeaufortCoSO/>

Our website: <http://www.bco.net/>

YouTube channel, where all of our videos, past and present, can be accessed: <https://www.youtube.com/channel/UCuYi6DuzHAh2kKQ7OnumCgg>

We hope you find our video series "Lowcountry Law: A Look Inside of the Beaufort County Sheriff's Office" informative and useful. New video segments will air on the first and third Fridays of every month.

(Summer Safety Tips cont'd from page 7)

back of the knees, in and around the hair, between the legs, around the waist, etc. If a child develops any rash or fever after a tick bite, visit the doctor.

Prevent Dehydration You may be surprised how much -- and when -- kids should drink liquids. To prevent dehydration, kids should drink 12 ounces of fluid 30 minutes before an activity begins and take mandatory fluid breaks (like many day camps require), with kids under 90 pounds drinking five ounces every 20 minutes during activities and kids over 90 pounds drinking nine ounces every 20 minutes. Tip: A child's gulp equals a half-ounce of fluid, so your child should drink about 10 gulps for every 20 minutes of play.

The Safe Kids Coalition urges parents and caregivers to watch for warning signs of dehydration, such as thirst, dry or sticky mouth, headache, muscle cramping, irritability, extreme fatigue, weakness, dizziness or decreased performance.

Head Off Injuries According to Dr. Jamie Freishtat, a pediatrician in the Washington, DC area, helmet safety is extremely important, particularly during the summer when kids spend lots of time outdoors riding bikes. Kids should always wear a properly fitting helmet that is approved by the CPSC for the activity they are doing (biking, skateboarding, etc). Why not take your child with you to pick it out at the shop, so he can have a say in the color and design? And, it may sound silly, but don't forget to fasten the chin strap -- lots of people don't bother. Make a family rule: no helmet, no wheels. And parents and caregivers, you must serve as an example: wear your own helmet!

Never Wait in a Hot Car It only takes 10 minutes for a car to heat up by 19 degrees. Every so often, we hear news stories of parents forgetting

infants or leaving a sleeping toddler in the car, and tragedies that ensue. Never leave a child alone in a car, even for a minute. Degrees can be deceiving. Fatalities can occur at temperatures as low as the mid-50s because a vehicle heats up so quickly. Children are at a great risk for heat stroke because their bodies heat up three to five times faster than an adult's does. Cracking a window? Not a solution. Some advanced technologies are still being developed that may help prevent heat stroke deaths in vehicles, but nothing has been proven effective yet.

Create a Summer Survival Kit Here is some smart stuff that Dr. Lichtenstein recommends parents and caregivers carry around in a purse, bag or car for summer emergencies:

Cell phone, water, Medications for chronic conditions, Bandages, Antibiotic cream for cuts and scrapes, Crushable icepack for bruises, Benadryl, An epi-pen for a person with known allergies, Sun protection, Hats and sunglasses, Insect repellent, Tweezers and Anti-Bacterial wipes. Don't get overwhelmed by all this information and decide to keep your kids locked indoors all summer, hidden under the bed. Summer is a time for having fun, and a few bug bites and scrapes are worth it. Just make sure you and your summer nanny or babysitter are informed about these important summer safety tips -- print these tips out, so you can refresh yourself often -- then stop worrying, go have fun and enjoy your summer!

** This article is for general informational purposes only. It is not intended nor implied to be providing medical advice and is not a substitute for such advice. The reader should always consult a health care provider concerning any medical condition or treatment plan. Neither Care.com nor the author assumes any responsibility or liability with respect to use of any information contained herein.*

SAVE THE DATE!!!

The Annual Royal Pines Community Fall Arts/Crafts and Yard Sale is set for September 29, 2018. Should Mother Nature decide not to cooperate the rain date will be the following Saturday. More details and full schedule of events will be included in the next newsletter. In the meantime, should you have any questions or suggestions please contact the wonderful Diana DeWitt, who has so graciously volunteered to serve as Chair Woman for this Event. See you there.

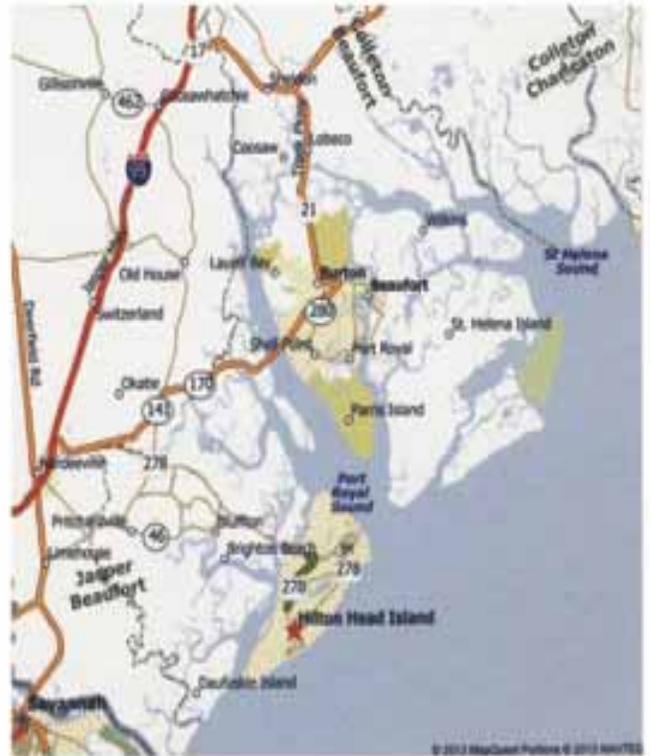
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Map of the Lowcountry of South Carolina



Beaufort • Sun City • Bluffton • Hilton Head



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Chris and Maria Skrip

Chris: 843-252-4218
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Royal Pines

Real Estate Advisor



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--Perry Duncan



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