

# THE TALON

June 2012

Official Publication of the Eagle Springs Community Association

Volume 4, Issue 6

## COMMUNITY CALENDAR

### JUNE 2012 - School's Out!

- 1 ..... **POOLS OPEN DAILY!**
- 2 ..... **ES Flyers Swim Meet**  
*7am – 3pm / ES Clubhouse, Pavilion, Pool*  
*Athletic Club Pool Opens at 3pm*
- 8 ..... **Scrapbooking Club Meets**  
*12pm – 6pm / ES Clubhouse*
- 13 ..... **LAST DAY to Register for Casino Night!**  
*Registration & Payment by 5pm!*
- 14 ..... **Annual Eagle Springs HOA Meeting**  
*6pm / ES Clubhouse*
- 16 ..... **ES Flyers Swim Meet**  
*7am – 3pm / ES Clubhouse, Pavilion, Pool*  
*Athletic Club Pool Opens at 3pm*
- 16 ..... **Casino Night!**  
*7am – 11pm / LHPAC*
- 18 ..... **Sports Field Committee Meets**  
*7:00pm – 8:30pm / ES Clubhouse*
- 19 ..... **Pool Committee Meets**  
*8:00pm – 9:30pm / ES Clubhouse*
- 20 ..... **Twin Villas HOA Meets**  
*6:30pm – 8:30pm / ES Clubhouse*
- 28 ..... **Safety Advisory Committee Meets**  
*7pm – 8:30pm / ES Clubhouse*

**On-Site Management Office Hours are on  
the Community Events Calendar at:  
[www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)**

**TUESDAYS** ..... **Trash & Recycle**  
**FRIDAYS** ..... **Trash Only**



**June 16th, 7pm to 11pm**

**Registration Required - Register Online at:  
[www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)  
Details on Page 10**

**4th of July  
Parade & Pool Party**



**July 4th, 9am – 12pm | Details on Page 11**



## COMMUNITY CONTACT INFORMATION

### EAGLE SPRINGS COMMUNITY ASSOCIATION

**Crest Management Co** ..... 281-579-0761  
Community Manager..... Bill@Crest-Management.com  
Clubhouse Rental..... Terri@InsideEagleSprings.com  
Board of Directors..... AsktheBoard@InsideEagleSprings.com  
Activities ..... Activities@InsideEagleSprings.com  
Website Administrator..... Terri@InsideEagleSprings.com  
Newsletter ..... Terri@InsideEaglesprings.com

### EAGLE SPRINGS COMMITTEES

Landscape ... Landscape.Committee@InsideEagleSprings.com  
Pool..... Pool.Committee@InsideEagleSprings.com  
Safety Advisory... Safety.Committee@InsideEagleSprings.com  
(*Neighborhood Watch*)  
Sports Fields..... SportsFieldCommittee@gmail.com

### EMERGENCY INFORMATION

**Fire, Medical or Life Threatening Emergency** ..... 9-1-1  
P-4 Constable Dispatch..... 281-376-3472  
Humble ISD Police (Schools)..... 281-641-7900  
Atascocita Volunteer Fire Dept (AVFD)  
    *Non-Emergency Number* ..... 281-852-2181  
Harris County Animal Control ..... 281-999-3191  
Texas Poison Control Center ..... 800-222-1222

### UTILITIES

Electric, (multiple providers) ..... www.powertochoose.org  
    *Power Outages* ..... 713-207-7777  
    *Street Light Outages* ..... 713-207-2222  
Gas, Centerpoint Energy..... 713-659-2111  
    *Gas Leaks* ..... 713-659-2111  
Water, Severn Trent ..... 281-579-4500  
    *24 Hour Emergency Number* ..... 281-209-2100  
Telephone, Centurylink..... 877-290-5458  
T.V./Internet (*multiple providers*) ..... www.allconnect.com  
Trash, Best Trash ..... 281-313-2378  
Recycling, Residential Recycling of Texas ..... 866-516-9805  
Humble Post Office..... 281-540-1775

### SCHOOLS

Humble ISD ..... 281-641-1000  
    *Website* ..... www.humble.k12.tx.us  
Eagle Springs Elementary ..... 281-641-3100  
Atascocita Springs Elementary..... 281-641-3600  
Timberwood Middle School..... 281-641-3803  
Atascocita High School ..... 281-641-7500

### NEWSLETTER PUBLISHER

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

## EAGLE



## SPRINGS

### CRIME STATISTICS - APRIL 2012

Burglary of a Habitation .....	2
Burglary of a Motor Vehicle (BMV) .....	1
Theft from a Habitation .....	0
Theft of Motor Vehicle .....	0
Theft Other .....	3
Robbery.....	0
Assault .....	1
Sexual Assault .....	0
Criminal Mischief.....	1
Disturbance Family.....	5
Disturbance Juvenile.....	3
Disturbance Other.....	19
Alarms .....	46
Suspicious Vehicles .....	17
Suspicious Persons .....	6
Runaways .....	0
Telephone Harassment.....	1
Other Calls .....	90

*A detailed Security Report for Eagle Springs  
can be viewed at: [www.OutsideEagleSprings.com](http://www.OutsideEagleSprings.com),  
under the Neighborhood Watch tab.*

## REMINDER! - NO PETS

Pets are not allowed at Community Events, on the Baseball Fields, or inside the Tennis Courts, with the exception of guide dogs or pets that are actual participants of an event. This policy is to ensure the safety and enjoyment of all residents in our community.

As a courtesy to your neighbors and fellow residents, please remember to LEASH & PICK UP after your pet!

Should you see a dog without a leash or owner attached, please call Animal Control at: 281-999-3191

For an immediate response to an Aggressive Dog that is loose, please call our Constables at: 281-376-3472

*Your cooperation is appreciated!*





# Century 21 Outstanding Homes

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281-812-9706 • [www.century21outstandinghomes.com](http://www.century21outstandinghomes.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!*

## June - Eagle Springs Newsletter 2012

With summer upon us, officially beginning in June, the neighborhood has its pools open and ready for our enjoyment. The pools are a nice amenity to our neighborhood community and a good social gathering place to meet your neighbors. Summer is hot and water is refreshing. Good luck to the Eagle Springs Flyers Swim Team on their season! For those in Eagle Springs that have a pool in their backyard, enjoy, as it is a nice addition to the home and a fun place to hang out with family and friends.

When creating your personal back yard oasis such as a pool designed specifically for you, consider including some of the following items; outdoor kitchens, fire pits or fireplaces, extra decking, covered patios, and a half bathroom. These items do add value to the backyard experience. Keep in mind that when you get ready to sell your home, you will not get back all the money you put into the pool and back yard entertaining area. The thing to consider is what is enjoyment and lifestyle relaxation worth to you?

In my experience of listing and selling homes pools are a hot commodity with buyers looking to move to Eagle Springs. Partly because in resale the buyer gets this amenity at a minimal cost to what the buyer would spend to add one after the fact. One very important item to understand is the pool needs to match the home, especially in the higher priced homes. Backyard entertainment and lifestyle is becoming a sought after experience as more and more people entertain at home. If a pool is in your plans, have fun and enjoy and plan to stay for 5-10 years in your home.

Earlier this year, we announced the creation of the annual Century 21 Outstanding Homes – Rebekah Snipp Scholarship Program. The deadline for local area 2012 seniors attending Atascocita, Summercreek, and Humble High School to apply was April 15, 2012. All the applications submitted by the deadline have been reviewed. We are pleased to announce that Lauren Martinez 2012 Senior with Humble High School is the recipient of the 2012 scholarship. Lauren will receive a one-time \$1,000 reimbursement for paid books, living expenses, tuition or fees. We look forward to doing this again in the future. Giving back to the community is very important to me.

The local market continues to be strong. In 2012 I personally have closed 34 transactions as of May 8, 2012. We are in need of more listings for the buyer activity that is currently in the market. If you are considering listing your home, please give me a call to schedule a time to meet in person. Thank you for allowing me the opportunity to earn your business. I offer a free local move to all my clients that purchase or sell a home with me as their Realtor. Some restrictions apply, so be sure to ask me about this offer.

It's been a pleasure to visit with many of you out and about in the community and at functions throughout the year. Be safe through the summer as you travel for vacation with friends and family.

Respectfully,  
Rebekah Snipp, CDPE, ABR  
Your neighbor and Neighborhood Realtor

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**I live in Eagle Springs and I specialize in Eagle Springs. This is our neighborhood and our community. Thank you Eagle Springs! Free Local Move for my Clients after closing and funding of a Sale! Restrictions Apply! Call for Details!**

CENTURY 21  
OUTSTANDING  
HOMES

**Rebekah Snipp**  
Realtor, ABR, CDPE  
Direct: 832-814-6120  
[rsnipp@century21.com](mailto:rsnipp@century21.com)

**Mark Snipp**  
Broker, GRI  
Direct: 832-859-9113

Websites:  
[majorleaguehomes.com](http://majorleaguehomes.com)  
[prayingrealtors.com](http://prayingrealtors.com)



*Eagle Springs Resident*



## CONSTABLE'S CORNER Hurricane Preparedness



**Sgt. Bloomfield**

**Harris County - P-4 Constable**

We at Pct. 4 Constables Office have Emergency procedures in place and coordinate our efforts with the communities in Atascocita and with responding agencies such as the Atascocita Volunteer Fire Department & EMS, and surrounding agencies in the event of a disaster to better serve the community. By all of us working together in a coordinated effort this is one more step that can be taken to help each other in the event of a disaster.

*I have included a list of essentials that would be helpful in dealing with the aftermath & recovery in the event of a Hurricane.*

- Water - at least 1 gallon per day, per person for 3 to 7 days
- Food - at least enough for 3 to 7 days
- Non-perishable packaged or canned food / juices
- Foods for infants or the elderly
- Snack foods
- Non-electric can opener
- Cooking tools / fuel

Hurricane season is rapidly approaching. When a disaster such as Hurricanes, Tornadoes and Floods threaten our wellbeing, certain preparation and actions can be taken to help insure our safety, the safety of your families and the safety of members of the community. Awareness and planning could just save a life.

- Paper plates / plastic utensils
- Blankets / Pillows, etc.
- Clothing - seasonal / rain gear / sturdy shoes
- First Aid Kit / Medicines / Prescription Drugs
- Special Items - for babies and the elderly
- Toiletries / Hygiene items / Moisture wipes
- Flashlight / Batteries
- Radio - Battery operated and NOAA weather radio
- Telephones - Fully charged cell phone with extra battery and a traditional (not cordless) telephone set with service provided through the phone company, not Internet provider. If electricity is out, Internet phone service will not work.
- Cash (with some small bills) and Credit Cards - Banks and ATMs may not be available for extended periods
- Keys
- Toys, Books and Games to occupy children and adults
- Important documents - In a waterproof container or watertight re-sealable plastic bag
- Insurance, medical records, bank account numbers, Social Security card, etc.
- Tools - keep a set with you during the storm
- Vehicle fuel tanks filled
- Pet care items
- Proper identification / immunization records / medications
- Ample supply of food and water
- A carrier or cage
- Muzzle and leash

*More hurricane information can be found on the Eagle Springs website ([www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)) along with links to various agencies.*

# Protect Your COPPER!!!

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## Father's Day is June 17th!

  
**RACHAEL'S**

**We're On Facebook!**

[www.facebook.com/RachaelHallmark](http://www.facebook.com/RachaelHallmark)

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Humble, Tx 77346



# Tax on Home Sales

*There are many rumors and a lot of misinformation circulating about the new 3.8% tax on home sales, effective 2013.*

Understand that this tax WILL NOT be imposed on all real estate transactions, a common misconception. Rather, when the legislation becomes effective in 2013, it may impose a 3.8% tax on some (but not all) income from interest, dividends, rents (less expenses) and capital gains (less capital losses). The tax will fall only on individuals with an adjusted gross income (AGI) above \$200,000 and couples filing a joint return with more than \$250,000 AGI.

*For a full report send me a email request and I will forward to you.*

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## Eagle HATCHLINGS

Send Information about Your New Arrival  
to: [ESNewsletter@InsideEagleSprings.com](mailto:ESNewsletter@InsideEagleSprings.com)

### LILA GRACE WILLIAMS

*Born:* April 17, 2012

*Proud Parents:* Crystal & Robert Williams

*Neighborhood:* Biscayne Bend

### ALEXANDRA CHRISTINE JENSON

*Born:* April 13, 2012

*Proud Parents:* Kevin & Sharon Jenson

*Neighborhood:* Barton Ridge

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**References Available • Fully Insured**

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## MEETING NOTICE

Public notice is hereby given to all members of Eagle Springs Community Association, Inc. for the upcoming meeting of the Eagle Springs Community Association Board of Directors. The purpose of this meeting is to conduct the business of the association. This meeting will take place on Thursday, June 14, 2012 at the Eagle Springs Clubhouse:

**17821 Eagle Springs Parkway  
Humble, Texas 77346**

**The meeting will begin at 6:00 p.m.**

Please contact Bill Higgins at Crest Management for any questions regarding this notice.  
Bill@Crest-Management.com or 281-945-4625

## Board of Directors Election Announcement

Nominations are currently being accepted for two Resident Director positions on the ESCA Board of Directors. Two residents will be elected to serve a two-year term. The election will take place at the Association's Annual Meeting to be held on June 14, 2012 at 6pm in the Eagle Springs Clubhouse.

The Board of Directors is responsible for the governance of the Association. They conduct the business of the Association and direct the efforts of the management company and other association vendors. The Board of Directors meets every other month. Additionally, the Resident Board Member meets every other month with the Neighborhood Voting Representatives.

If you are interested in being nominated, please submit a brief biography along with your contact information to: Bill Higgins at Crest Management (bill@crest-management.com). Nominations will also be taken from the floor during the meeting.

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# & IRRIGATION

## BEING GREEN – The Etiquette of Recycling

When it comes to the environment, being a good global citizen begins at home with you! From recycling to using alternative cleaning materials, or simply finding new ways to use old items, the small changes you can make at home add up to real benefits for our community and our planet, not to mention our health.

The best way to be Earth-friendly is to cut down on what we consume and recycle whenever we can. We hope that you find these articles both interesting and helpful.

An article written by Hal Opperman for Keep Kingwood Green inspired this month's Being Green article. We thank Hal for letting us borrow a few of his thoughts on the matter.

"The Etiquette of Recycling," so, what does that mean exactly? It's as simple as "do you recycle something or put it in the trash?" Of course, nothing is ever simple! There are rules and guidelines and in the end you must make a decision.

The first decision you must make is "should I recycle at all?" Only you can answer that question. We all know the landfills are quickly filling up and no one wants a new landfill in their back yard. We also know that oil and raw materials for new products are finite resources and as they deplete and get harder to produce, the cost of the raw product increases. These two very compelling reasons are why we should save everything we can and not bury it somewhere in a landfill where it will never be accessible again.

The final decision you must make is "am I willing to go to the extra trouble and possibly the extra expense of recycling?" Unless some government unit passes a law, only you can make this decision. If you are not willing to

take the time to recycle or if you think you can't afford to recycle, you may as well stop reading now. As mentioned above there is always the chance that some government agency will take action to save resources and force us all to recycle, however in our area we have not yet been forced to do much along these lines.

Recently the Austin city council passed an ordinance outlawing single use plastic grocery/shopping bags. There is also a group in Texas working diligently to pass a state law requiring (like in many other states), a beverage bottle/can deposit fee. You pay an extra 10 cents, for example, when you buy a Coke and then get the 10 cents back when you take the container back to a designated return facility. Across America most areas are going to Curbside Recycling programs where almost all recyclable products are put into a single bin for weekly collection by the trash service. This has been made possible by new technology that allows machines to sort the items once they are taken to the recycling facility, called a MRF.

The first order of business is to ask and/or require that those who make trash decisions for our neighborhoods, (in Eagle Springs, that is M.U.D. 106 and M.U.D. 290), to require the waste/recycle companies to provide this curbside service to us. There are at least five trash companies in the Lake Houston area that will provide this service if the HOA or M.U.D. asks for it.

**So, our final etiquette decision should be, what can we all do to help to improve the efficiency & cut expenses for this operation?**

### HERE ARE SOME QUICK GUIDELINES:

**1) Eliminate air in containers.** A non-flattened box takes up lots of space and contains only air. This causes extra trips for the recycling truck – a waste of fuel and manpower. Take the lid off a plastic container and crush the container. Recycle the lid, too. The machines at the MRF will sort it out.

**2) Eliminate as much film plastic as possible when dropping items into the bins.** The machines at the MRF hate film plastic – it gets all wrapped up in the rollers causing the machines to shut down. Eliminate single use plastic bags or take them back to the grocery or other store where you got them.

**3) Check with the recycling company to make sure you are only recycling items that can be recycled!** Our website has that information and for your convenience, we've published it again in this issue of the newsletter.

**4) Don't try to recycle real trash.** Food-soiled paper, pizza boxes, etc. don't make for good recycled materials. Food residues also attract rats and other undesirable critters.

**5) If it is a windy day, please make sure all items are secure in the bins and not blowing all over the street.** We not only want Eagle Springs to be GREEN, we also want Eagle Springs to be CLEAN!







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# EAGLE SPRINGS

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# CASINO Night



**Come join us for  
Eagle Springs' only  
Adult Only Event!**

**SATURDAY, JUNE 16<sup>TH</sup> FROM 7-11 PM**

**at Lake Houston Performing Arts Center  
7515 Tournament Trails Drive, Humble**

**Doors open at 7; Gaming begins at 7:30  
Great food, Cash Bar, Music & Photo Booth  
Watch [InsideEagleSprings.com](http://InsideEagleSprings.com) for a list of prizes!**

## Details

— \$25 per couple or \$15 for single —

— 10,000 in chips for each player —

For every 5,000 in chips cashed in,  
you will receive a ticket to place in any of  
the prize boxes for a chance to win that prize

— "Buy backs" allowed —

\$5 = 5,000 in chips • \$10 = 10,000 in chips

## 2012 Casino Night Registration

To register for Casino Night, simply fill out this form and return it,  
along with payment, to the Eagle Springs On-Site Management Office  
drop box, located in the Athletic Clubhouse. Please enclose this form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Please make checks payable to: Eagle Springs Community Association

CHECK # \_\_\_\_\_

NUMBER OF  
PEOPLE ATTENDING

\_\_\_\_ single  
\_\_\_\_ couple(s)

TOTAL COST

\_\_\_\_ x \$15 per single = \_\_\_\_

— x \$25 per couple = \_\_\_\_

TOTAL COST = \_\_\_\_



## 2012 Pool Card & New Resident Info

There are **NEW POOL CARD POLICIES** in place for 2012!

RESIDENTS WHO HAVE A POOL CARD WITH A 2011 VALIDATION STICKER ON IT - YOU DO NOT NEED TO DO ANYTHING, your cards have been extended and will remain valid throughout the 2012 pool season. Additional information and details are available on our website: [www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com).

NEW RESIDENTS, or RESIDENTS WHO NEED A NEW OR REPLACEMENT POOL CARD, an Electronic Access Device, or other amenity access, should visit the On-Site Management Office during normal business hours to obtain these. All details, cost, payment options, hours, etc. are located on our website: [www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com) under the New Resident/Pool Card Info tab on the homepage. You do not need to be logged in to access this information.

- **ALL RESIDENTS:** Be sure to go online and view details PRIOR to arriving at the On-Site Management Office!
- **AGAIN:** If you have a Pool Card and it has a 2011 sticker on it, you DO NOT need to get a new card or a 2012 validation sticker this year. Your card is good for the 2012 swim season.

## 4<sup>TH</sup> of JULY Parade & Pool Party 9AM – 12PM

Parade starting at 9am followed by Pool Parties at both pools!

Prizes for best decorated:  
Stroller, Wagon, Big Wheel,  
Bike/Scooter, & Best Costume

Pool Parties will have  
games & prizes, music,  
& Kona Ice will be selling  
sno-cones this year!

Stay tuned to  
[www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)  
for Parade Route &  
additional details.

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## SAFETY ADVISORY COMMITTEE UPDATES

### IT'S THAT TIME OF YEAR AGAIN... HURRICANE SEASON! ARE YOU PREPARED?

Do you have a Plan? Are you new to the area and don't know where to start or what to do to prepare yourself and your family in the event of a hurricane or other disaster? The Safety Advisory Committee has compiled a list of resources and it is posted on our website: [www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com).

The Safety Advisory Committee is also connected with many county resources and Eagle Springs has many resident volunteers who are C.E.R.T. (Community Emergency Response Team) trained and who work directly with Harris County Office of Emergency Management and AVFD Emergency Management. The Safety Advisory Committee is the C.E.R.T. Point of Contact for Eagle Springs, in the event of a disaster in our area. We even have some volunteers who are trained in Pet Rescue and P.O.D. (Point of Distribution).

The Eagle Springs C.E.R.T. volunteers will be able to provide up-to-date information during an emergency or disaster situation and act as first responders until emergency help can arrive. For more information on C.E.R.T. or how to become a Trained C.E.R.T. Volunteer please email the Safety Advisory Committee. If we have any C.E.R.T. trained volunteers who have not connected with the Safety Advisory Committee, please contact us so that we can get you on our contact list!

### NEIGHBORHOOD WATCH

Are you interested in being a Neighborhood Watch Volunteer for your street or neighborhood? It involves little more than getting out and getting to know your neighbors and being aware of your surroundings. If you would like more information, please contact the Safety Advisory Committee by email or come join us at a meeting.

### NEIGHBORHOOD NIGHT OUT EVENT

Eagle Springs 6th Annual Neighborhood Night Out Event. This year's event will take place on Saturday, October 6th. After our community wide celebration, neighbors will go back to their streets and neighborhoods and hold their own Block Parties and BBQ's! It's time for neighbors to start thinking about what they want to plan for this year and who's going to win this year's Movie Night on the Green! It's always fun to see how creative our neighbors can be when they compete to win!



### SUMMERTIME SAFETY TIPS

*With summer upon us, the Safety Advisory Committee would like to remind everyone to play it safe!*

#### Remember to:

- **Use sunscreen** - Don't just slather it on the kids! Adults need sun protection too!
- **Drink plenty of fluids especially water.** Make sure that kids get plenty to drink as well.
- **Don't become over-heated.** Adults and children should come in out of the heat often and stay in during the heat of the day.
- **Don't forget about pets!** Make sure they have a cool, shady place outdoors and plenty of fresh water. If temperatures get above 100, they should come inside.
- **Never leave a pet in a closed garage or vehicle** (even with the windows cracked).
- **Never leave a child in a hot vehicle EVER!**
- **Watch children around pools and other sources of water.**
- **Remember the bug repellent.** And if you or your child has been playing near wooded areas, check for ticks.
- **Check areas where snakes and other critters might hide to stay cool** – stacks of bricks or wood, containers, planters, and even under shady bushes and shrubs. They also like those cool pottery type containers that hide the water hose!
- Contact the Safety Advisory Committee at: [Safety.Committee@InsideEagleSprings.com](mailto:Safety.Committee@InsideEagleSprings.com)

## ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

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## Join Cub Scouts Now

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#### Contact Information:

**Terry Vaughn: Cub Master**  
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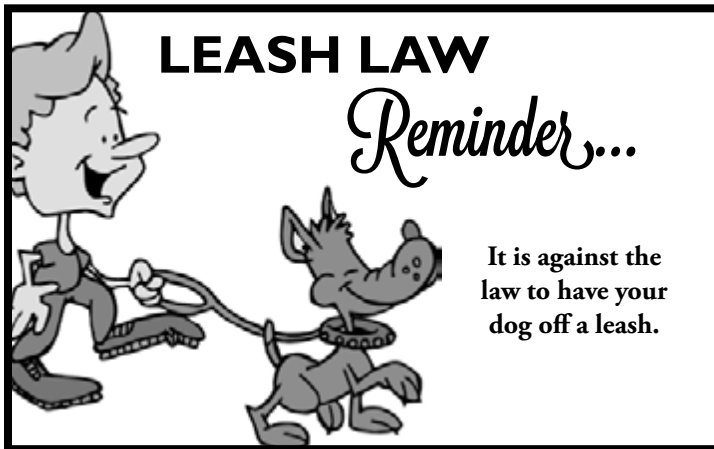
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## A Note from Management...

Many of the recently planted flowers have wilted due to a fungus. Our landscape maintenance contractor has tried to treat them with a fungicide, but has been unsuccessful. As a result the contractor is going to remove the dying flowers and bedding materials and replace them with new mulch and flowers. This will be at no additional cost to the association. They are going to make the change as quickly as possible to restore the beautiful entrances and medians in the community.

## Did You Know...

You can report Community Maintenance and other HOA Issues by a simple Click from the homepage of our website? Click the "Report Maintenance Issues" button and the info goes directly to our Community Manager! You can even upload a photo if you'd like.

## Are You Registered?

**IS YOUR INFORMATION UP-TO-DATE?  
IF NOT, PLEASE LOG-ON AND REGISTER TODAY!**

If you need to update your information, login and go to the Profile Menu (under your login), click Edit, make any needed changes, and click Update to save it. Don't miss out on notifications about events, amenities, HOA related topics and other important Community Information!

**[www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)**

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# Recipe of the Month

## Ready-to-Go Chili

(5-6 servings)

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 2 cans(15 ozs ea.) pinto beans, undrained
- 1 can(28 ozs) diced tomatoes, undrained
- 1 can(15 ozs) tomato sauce
- 1 can(4 ozs) chopped green chilis, undrained
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon black pepper

1. In a large soup pot, brown the ground beef and onion over medium-high heat for 5 to 7 minutes.

2. Add the remaining ingredients, reduce the heat to medium-low, and cook for 1 hour, or until the chili has thickened, stirring occasionally.

Note: Add a little hot pepper sauce or cayenne pepper if you like a spicier chili. Serve in bowls topped with all the classic chili fixin's like shredded cheese, sour cream, chopped onion, or sliced jalapeno peppers.

*Enjoy*

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## Health Briefs - June 2012

### TRAMPOLINES PUT KIDS AT RISK FOR SERIOUS INJURIES

"About 100,000 children between 5 and 10 years old are injured annually on trampolines," said Dr. William Phillips, professor of orthopedics and pediatrics at Baylor College of Medicine and chief of pediatric orthopedics and scoliosis at Texas Children's Hospital. "Younger children and teens are also at risk."

Common causes of injury on trampolines can be from colliding with another person, landing improperly, falling or jumping off the trampoline and falling on the trampoline springs or frame. Younger children are at greater risk for fractures, while older children often suffer sprains and strains.

"Kids don't have to fall off a trampoline to get hurt, so using a net around a trampoline does not mean they are safe," explains Phillips. "I've seen many children break bones landing on the trampoline itself."

### LOSE WEIGHT TO SLEEP BETTER

Expanding waistlines are causing many Americans to lose sleep. Chronic obstructive sleep apnea, not visions of doughnuts, is keeping us awake. Obesity in the upper body, especially in the neck, can narrow the airways leading to the lungs, resulting in heavy snoring, pauses in breathing and frequent interruptions of sleep. "Most of our overweight patients say they snore excessively and don't sleep well," said Dr. Peter Jones, an associate professor of medicine at Baylor College of Medicine and medical director of weight management at Methodist Wellness Services at Methodist Healthcare Systems.

Patients in Methodist's weight management programs need to lose 50 or more pounds. After losing weight, many report that their sleep improves. "Losing weight can be an important part of treatment for patients who have sleep apnea," said Dr. Max Hirshkowitz,



associate professor of psychiatry and director of the Baylor Sleep Disorders Center at the Houston Veterans Affairs Medical Center. "Even a 10 percent weight loss can reduce the number of times most patients stop breathing during the night."

### THERAPY IS 'NO SWEAT' FOR EXCESSIVE PERSPIRERS

A little-known procedure at Baylor College of Medicine provides an alternative antiperspirant for those who sweat uncontrollably. Iontophoresis involves passing a mild electrical current through tap water to shut off the sweat glands temporarily. The hands and feet are soaked in a basin of water for 40 minutes in the comfort of the patient's home.

"The technology has been around since the 1950s, but it never gained widespread fame, in part because most doctors don't know it is an

*(Continued on Page 17)*




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## Health Briefs - (Continued from Page 16)

option,” said Dr. Ramsey Markus, an assistant professor of dermatology at BCM. “It is a very safe and effective way to decrease sweating, especially in the hands and feet.” Markus said he prefers iontophoresis for his patients with sweating in the hands and feet because it is less expensive and less painful than Botox injections, and it can be done regularly as needed in the home. Most patients only require the therapy twice a month to keep the sweat glands from producing excessive sweat.



### MANAGING FOOD ALLERGIES

Food packages often come with the caution, “Warning: may contain peanuts,” and for good reason. It’s estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow’s milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr.

Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/immunology clinic at Texas Children’s Hospital. Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin.

Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms.

Patients who suffer severe reactions, should keep a device such as an EpiPenR on hand so that they can administer an epinephrine shot. Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children’s friends should be notified of food allergies.

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## 2012 POOL HOURS

*Pools Open May 5th!*

### ATHLETIC CLUB POOL

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*\*Closed for Cleaning on Mondays, except Holidays\**

Days/Dates	Times	Adult ONLY Swim
Weekends Only May 5 – May 27	9am – 8pm	8pm – 10pm
Monday - Memorial Day Holiday May 28	9am – 8pm	8pm – 10pm
Daily EXCEPT Mondays June 1 – July 1	11am – 8pm	8pm – 10pm
Daily EXCEPT Mondays July 2 – August 26	9am – 8pm	8pm – 10pm
Weekends Only September 1 – September 30	9am – 8pm	8pm – 10pm
Monday – Labor Day Holiday September 3	9am – 8pm	8pm – 10pm

*Please note the following change in Athletic Club Pool Hours during Swim Meets:*

Days/Dates	Times	Adult ONLY Swim
Saturday – May 12	12pm – 8pm	8pm – 10pm
Saturday – May 26	3pm – 8pm	8pm – 10pm
Saturday – June 2	3pm – 8pm	8pm – 10pm
Saturday – June 16	3pm – 8pm	8pm – 10pm

### ISLAND CLUB POOL

17150 Eagle Springs Parkway

*\*Closed for Cleaning on Tuesdays\**

Days/Dates	Times
Weekends Only May 5 – May 27	9am – 8pm
Monday - Memorial Day Holiday May 28	9am – 8pm
Daily EXCEPT Tuesdays June 1 – August 26	9am – 8pm
Labor Day Weekend September 1 – 3	9am – 8pm

*\*A printable version is available online\**

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