



# THE TALON

February 2013

Official Publication of the Eagle Springs Community Association

Volume 5, Issue 2



## From the Board of Directors...

*Announcing the newly elected Neighborhood Voting Representatives for 2013!*

NVR's play an important role in the governance of the Association. Their primary role is to cast all votes attributable to Units in the Neighborhood for election of directors, amending the Declaration or By Laws, and all other matters provided for in the Declaration and By-Laws that would require a vote of the membership. Additionally, NVR's liaise with residents in their respective Neighborhoods to bring issues to the attention of the Board. More information on the roles and responsibilities of NVR's can be found on our website: [www.INSIDEEAGLESPRINGS.COM](http://www.INSIDEEAGLESPRINGS.COM) under the Homeowners Association tab.

Currently, there remain four neighborhoods without NVR representation: Cedar Meadows, Hawthorn Ridge, Laurel Ridge, and Valley Creek. Several neighborhoods are also in need an Alternate NVR. If you live in one of these neighborhoods, you are encouraged to consider one of these open positions.

For questions or more information about this, please contact Bill Higgins at: [bill@crest-managment.com](mailto:bill@crest-managment.com) or 281-945-4625.

*(Continued on Page 2)*

## COMMUNITY CALENDAR

### February 2013

- 7.....NVR Meeting  
*7pm / Valley Lodge Clubhouse*
- 8.....Scrapbook Club Meets  
*12pm / Athletic Clubhouse*
- 12.....Book Club Meets  
*8pm / Athletic Clubhouse*
- 14.....Happy Valentines Day!  
*Don't forget to buy your sweetie a sweet.*
- 18.....Sports Field Committee Meets  
*7pm / Valley Lodge Clubhouse*
- 19.....Pool Committee Meets  
*7pm / Valley Lodge Clubhouse*
- 25.....Landscape Committee Meets  
*7pm / Valley Lodge Clubhouse*

*Happy Valentine's Day*

### ON-SITE MANAGEMENT OFFICE HOURS

- Monday & Wednesday.....1pm – 6pm
- Saturday.....9am – 1pm

*For the most up-to-date info, please see the Community Calendar at: [www.INSIDEEAGLESPRINGS.COM](http://www.INSIDEEAGLESPRINGS.COM)*

- TUESDAYS.....Trash & Recycle
- FRIDAYS.....Trash Only

## COMMUNITY CONTACT INFORMATION

### EAGLE SPRINGS COMMUNITY ASSOCIATION

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

### EMERGENCY INFORMATION

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

### UTILITIES

Electric, (multiple providers) ..... www.powertochoose.org  
*Power Outages* ..... 713-207-7777  
*Street Light Outages* ..... 713-207-2222  
Gas, Centerpoint Energy..... 713-659-2111  
*Gas Leaks* ..... 713-659-2111  
Water, Severn Trent ..... 281-579-4500  
*24 Hour Emergency Number* ..... 281-209-2100  
Humble Post Office..... 281-540-1775  
Trash & Recycle, Best Trash..... 281-313-2378

### TELEPHONE/TV/INTERNET PROVIDERS:

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Comcast..... 800-266-2278  
DISHNetwork ..... 877-903-3813  
DirecTV..... 888-777-2454

### SCHOOLS

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

### NEWSLETTER PUBLISHER

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

### From the Board... (Continued from Cover Page)

#### Arbor Heights

NVR - Ryan Gullion, Alternate - Charles Blake

#### Arlington Park

NVR - Debbie West, Alternate - N/A

#### Barton Ridge

NVR - Shelly Kanneberg, Alternate - N/A

#### Beringer Place

NVR - Kevin O'Brian, Alternate - Lawrence Owen

#### Biscayne Bend

NVR - Jeff Paul, Alternate - Celeste Benoit

#### Cades Crossing

NVR - Trey Bosard, Alternate - N/A

#### Cedar Meadows

NVR - N/A, Alternate - N/A

#### Chandler Crossing

NVR - Chris Clover, Alternate - N/A

#### Cottage Grove

NVR - Drew Pete, Alternate - Jonette Hayes

#### Crescent Ridge

NVR - Brandon Masten, Alternate - Lauren Shepherd

#### Cross Creek

NVR - David LaBrot, Alternate - Sara Burkhalter

#### Hawthorn Ridge

NVR - N/A, Alternate - N/A

#### Kendall Hollow

NVR - Lindsay Wilkerson, Alternate - N/A

#### Laurel Ridge

NVR - N/A, Alternate - N/A

#### Meadow Lake

NVR - James Metoyer, Alternate - N/A

#### Preston Village

NVR - Steven Humphrey, Alternate - N/A

#### Princeton Park

NVR - Sherrie Ondrus, Alternate - Nancy Boles

#### Sierra Bridge

NVR - Lonnie Kimball, Alternate - Margaret Williams

#### Sterling Creek

NVR - Tory Western, Alternate - N/A

#### Valley Creek

NVR - N/A, Alternate

# Better Homes and Gardens Real Estate Gary Greene

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*We realize you have a choice so we appreciate the opportunity to earn your business.  
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February 2013 is here and the market is gearing up for a busy selling season. When a home sells, the Buyer has a right to inspect the property and ask for repairs. During the termination option period, the Buyer has purchased the unrestricted right to walk away from a home purchase for any reason. The Buyer uses this period to inspect the property and make sure that all systems are in working order, not in need of repair and that the foundation, roof, etc. are in good shape. If the Buyer finds deficiencies in any item, the buyer may ask that the deficiency be remedied by the Seller. Many times these are simple repairs, but sometimes there is an expense to the homeowner for something that needs to be replaced. Another round of negotiations occurs as the homeowner may elect to do some, none or all of the requested repairs. As your Listing Agent, I provide Sellers Coverage through Old Republic Home Warranty for the term of the listing. The warranty coverage may cover several of the deficient items in a home. The Homeowner only has to pay a \$60 service call per covered item. Many thanks to Bruce McCrary of Bruce's Home Inspection Company for providing the following information to homeowners on how to make a home inspection go easier.

### Top 10 Ways to Get a Cleaner Inspection Report

1. Confirm gas, water and electricity are turned on and gas pilot lights are burning.
2. Ensure pets won't hinder inspection. Tell Realtor about cats or other animals to be kept inside. NOTE: Kenneling or taking the pets to the spa for the day is recommended.
3. Replace any burned out light bulbs.
4. Test all smoke and carbon monoxide detectors. Replace batteries if needed.
5. Clean or replace dirty HVAC Air Filters. Verify filters fit and are properly secured.
6. Move wood, stored items, high soil lines or debris away from foundations perimeter walls.
7. Unlock or remove locks from any items the inspectors must access: Gates on fences, Attic Access Hatches or Doors, Electric Service Panels, Special Closets, Crawl Space Hatches, for pier-and-beam construction
8. Confirm areas and components are accessible by removing items blocking access to: Electric Service panels, Heating & Air Conditioning Equipment, Water Heaters, Ground-fault Circuit-interrupters (GFCI) receptacles or devices, Attic or Crawl Space Hatches, NOTE: remove items that might restrict movement in attic or crawl space.
9. Trim tree limbs away from the roof covering and trim shrubs away from the exterior walls to allow access.
10. Repair or Replace broken, damaged or missing items: Door knobs, locks & latches, Window locks & Broken glass, Window screens, Anti-siphon devices on exterior faucets, Rain gutters & downspouts, Chimney flue caps.

**Take these actions and your home inspection will go faster and will result in a "cleaner" inspection report. Good news for Seller, Buyer and Realtor alike!**



January 4, 2013 was an exciting day as we awarded the first "Rebekah Snipp Scholarship" to Lauren Martinez. In May 2012, Lauren a graduate of Humble High School was selected to receive the 2012 scholarship. When she visited with me on January 4th, she said that she received our letter in the mail notifying her she had been selected on her Prom day, it made her day. It was awesome to learn more about what Lauren wants to accomplish. She is currently attending the University of Texas in Austin with a goal of becoming an Attorney. It was an honor to present Lauren the scholarship check for \$1,000.00. **2013 seniors attending Humble High, Atascocita High and Summer Creek High school are encouraged to visit majorleaguehomes.com to learn more about how to apply for the 2013 scholarship.**

Thank you for allowing me the opportunity to assist with all your real estate needs, which allows me to give back to the community in many ways. I'm so blessed and appreciative!

Respectfully, Rebekah Snipp

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**Rebekah Snipp**  
Realtor, ABR, CDPE

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Broker, GRI

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Eagle Springs Resident



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## Volunteers Needed

The Eagle Springs Board of Directors is soliciting volunteers to serve on the Modification Review Committee (MRC).

The MRC is tasked with reviewing all Homeowner applications for exterior modifications to their homes. There are no specific qualifications to serve on the MRC other than willingness to volunteer your time and serve in the best interest of the overall community. Members must review and become familiar with the governing documents of Eagle Springs Community Association, Inc. and apply the guidelines in those documents to each modification request submitted to assure uniform and fair application of the governing documents.

There are other volunteer opportunities on the Pool Committee, Sports Field Committee, Safety Awareness Committee and Landscape Committee. Additional information about each committee can be found on the Groups page on [www.insideeaglesprings.com](http://www.insideeaglesprings.com).

If you are interested or have questions please contact Bill Higgins at [bill@crest-management.com](mailto:bill@crest-management.com) or 281-945-4625.

# Welcome!

## NEW ONSITE COORDINATOR

Please welcome Melissa Warner as the Onsite Coordinator for Eagle Springs. Melissa has lived in Eagle Springs with her husband and 3 children for 2 years.

Melissa will be responsible for coordinating reservations for the clubhouses, issuance of community access devices and Pool ID Cards, collecting and updating content on [www.insideeaglesprings.com](http://www.insideeaglesprings.com), and collecting content for the Talon Newsletter for submission to publisher. Melissa will also serve as a point of reference for Eagle Springs residents and visitors, answering their questions and directing them to appropriate resources.

Office hours will be maintained at the Athletic Clubhouse on Monday and Wednesday from 2 PM to 7 PM and Saturdays from 9 AM to 1 PM.

Please come by and introduce yourself and welcome Melissa to her new position.

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# MORTGAGE

## BATTLE OVER MORTGAGE INTEREST DEDUCTION STILL TO COME

MORTGAGE FORGIVENESS DEBT RELIEF EXTENDED THROUGH 2013

For huge numbers of financially distressed owners of homes with underwater mortgages, this was the biggest issue in the entire fiscal cliff debate. The mortgage debt relief provisions in the tax code, first enacted in 2007, expired at midnight Dec. 31.

Had Congress not acted, the tax code would have reverted to its pre-2007 treatment of mortgage principal reductions or cancellations by lenders, whether through loan modifications, short sales, deeds-in-lieu or foreclosures: All principal balances written off would be treated as ordinary income to the homeowners who received them.

For illustration, if a lender wrote off \$100,000 of debt to facilitate a short sale, the seller would be taxed on that \$100,000 at regular marginal rates, just as if he or she had earned it as salary.

A return to taxation of principal reductions would have disrupted short sales -- a growing segment of the home real estate market -- in 2013, and almost certainly would have encouraged more distressed owners to opt for foreclosure and bankruptcy.

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## Egg-stravaganza

It's hard to believe, but...

Spring is right around the corner, which means our annual Spring Egg-stravaganza is almost here!

Join us on Saturday, March 23rd from 9-11 at the Sports Complex for an egg hunt, petting zoo, trackless train, and more fun activities for our young Eagle Springs residents!

Stay tuned to [InsideEagleSprings.com](http://InsideEagleSprings.com) for more information.



## Trash & Recycling

Trash & Recycling Services in Eagle Springs are provided through our Municipal Utility Districts, Harris County MUD 106 & MUD 290

BEST TRASH is the company currently contracted to provide our trash & recycle pickup. They can be reached at: 281-313-2378

Eagle Springs residents should put all trash in an approved trash receptacle (not left out in plastic garbage bags) and place it curbside for pick up by 7:00 a.m. on pickup day.

Trash Pick-up is:  
Tuesdays & Fridays

Recycle Pick-up is:  
Tuesdays

When pick up day falls on a major holiday, trash will be picked up on the next regular pick up day.

*Please contact Best Trash directly for details or questions about service.*



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View answers online at [www.peelinc.com](http://www.peelinc.com)

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

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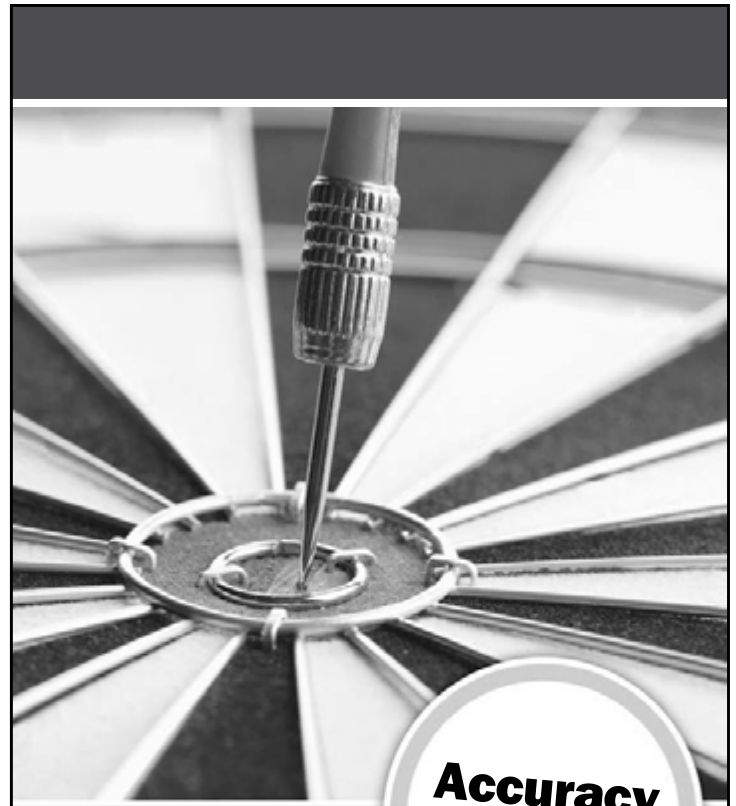
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## Headaches

*Submitted by Dr. Jeff Echols*

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.



## SEND US YOUR

### *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to *Help@InsideEagleSprings.com*. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at *www.PEELinc.com*.



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## Heart Healthy Lifestyles

*By: Concentra Urgent Care*

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

### **WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:**

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
  - Women: 1 drink per day (maximum)
  - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

### **WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?**

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

*For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at [www.AmericanHeart.org](http://www.AmericanHeart.org).*





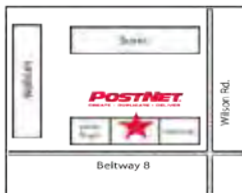
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## Northwest Flyers Youth Track Club Registration on Feb 2<sup>nd</sup>

The Northwest Flyers Youth Track Club will celebrate its 26th Anniversary Season by hosting its annual free Registration/Information breakfast on Saturday, February 2nd, 2013, for all boys and girls who are interested in joining for the 2013 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The free breakfast is the opportunity for youth athletes to register for the club's 2013 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization. All new parents and athletes interested in joining the Northwest Flyers must attend.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle

distance, distance and relays, and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin. The Northwest Flyers has approximately 285 members. The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).





## February Gardening Tips

This month, let's turn our attention to houseplants. They can create a happier environment, especially with the dreary weather we've recently having. With a bit of planning, houseplants can become an integral part of your overall décor, instead just being a specimen in a pot sitting on a window sill, or shoved in a corner.

Use this technique from interior decorators. Choose an area in your home where you think a plant would look well, or is needed. Take time to check out how much light it gets on a regular basis. This will help you develop a list of potential candidates that can thrive in that location.

Take a picture of that area, print several copies, and write down the amount of light that area receives on the back of each copy. Acquire pictures of plant candidates that you're interested in. These can be pictures printed from websites, magazines, or prints of plant pictures that you have taken (a friend's home, shopping mall, office, work, wherever). Cut out their shapes and place them on the room's picture. This will give you a basic idea about the size you need. Use this technique to get an idea of the type of pot or other hard good (e.g. a pedestal) that the plant would look good in, and fit with your décor.

Bring this montage with you when you come to buy your plants. You might see something you hadn't considered before. Your picture will help you visualize it how it will look in your home. It will also help the salesperson determine whether that area meets the plant's light requirements. They can also tell you how much water it will need. When you make your final selection, write this on the back of your picture, next to the amount of light the area receives.

Either have your plant delivered, or carefully take it home. If it's a large plant that needs to be taken home in an open truck bed, make sure it is secured, and covered by a tarp. This will help protect the leaves from being shredded during transport. Take them straight home; don't take them along on a continued shopping trip. They can get too hot and burn, or too cold and freeze.

Once you've gotten your plant settled in its home, it should be pretty easy to take care of it if you follow these basic watering and care rules:

Here is a quick and easy watering check for a potted plant that you can pick up. Feel how heavy it is after you thoroughly water it. Every day, it will get lighter. Try to remember how heavy it was when you pick it up again to check whether it needs to be watered. If it is super light, water at once.

If the plant is small enough to pick up and move, take it to the sink or tub for watering. Water the entire root ball thoroughly; water should run out the bottom of the pot. Allow the plant to drain in the sink or tub OVERNIGHT, then put it back in its place. If your plant is too large to move, carefully water the plant until water runs out into the saucer. After about 20 minutes or so, remove any excess water from the saucer. This can be a challenge. Using a turkey baster, and/or sponge to soak up the excess water is time-consuming and messy, but is necessary.

If you are the type of person who does better with a schedule, mark your calendar every time you water for the first 6 weeks. You will start to see a pattern when your plant will most likely need watering. Repeat as the seasons change.

It is better to err on the side of too dry than too wet. NEVER EVER allow a plant to sit in water. This is the single worst thing you can do. It is equivalent to you wearing the same wet shoes all day, every day. Think about what would happen to your feet. The same thing happens to plants. Fungus, bacteria, and molds develop that can affect your health. And stagnant water can have a wildly offensive odor...

At least once a month, dust your houseplants. Small houseplants can be showered in the tub or sink. For large plants, wipe off their leaves and stems with a damp rag. Make sure that the bottoms of the leaves get rinsed/wiped off, too. It not only rinses off the dust, it helps prevent spider mites from moving in.

If your plant starts to have off-colored spots, it's probably too much water. Brown crunchy tips are a common sign of too much water. Droopy green leaves are usually not enough.

Fertilizing is very important when the plant is actively growing during spring through summer. Normally it is recommended using an organic fertilizer for all plants; however they are blessed with an "odor" to which some of you might be "sensitive". A good alternative is Medina Hasta Gro. It is low odor and low salt. If you prefer to use a non-organic fertilizer, use a water soluble one; however, at the end of the growing

*(Continued on Page 14)*

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# EAGLE SPRINGS

*(Continued from Page 13)*

season you may find a white crusty residue on the bottom of the pot or around the rim. These are mineral salts, which can cause your plants to dry out quicker, and, if not removed, can be toxic to them. So at least once a year, typically at the end of the growing season, thoroughly drench the entire root ball and let it completely drain. It leaches out these mineral salts and your plants will be healthier.

Try to avoid large temperature jumps when adjusting your thermostat to heat/cool your home. A plant is happiest when there are no big fluctuations in temperature.



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