THE TALON

May 2013

Official Publication of the Eagle Springs Community Association

Volume 5, Issue 5

COMMUNITY CALENDAR MAY 2013

2	Twin Villas HOA Meeting
	7 - 8:30 pm / Valley Springs Clubhouse
3	Pool ID Cards
	6 pm – 8:45 pm / Athletic Clubhouse
4	6 pm – 8:45 pm / Athletic Clubhouse POOLS OPEN
	Island Pool / Athletic Pool – Weekends thru May
4	Pool ID Cards
	9 am – 3:45 pm / Athletic Clubhouse
4	ES Flyers Swim Team Breakfast Fundraiser
	8 am – 10 am Applebees Restaurant
	Newsletter Deadline
9	HOA Board Meeting Open Session
	5 pm – 6 pm / Valley Springs Clubhouse
9	Cards, Crafts & Ink Group
	6 pm – 10 pm / Athletic Clubhouse
10	Scrapbooking
	12 pm – 6 pm / Athletic Clubhouse
11	Éagle Springs Recycling Event
	11 am – 2 pm / Sports Complex
11	Pool ID Cards
	9 am - 3:4) $Dm / Atmetic Clubnouse$
11	ES Flyers Swim Team Mock Meet
	8 am – 12 pm Athletic Pool
14	Book Club
	8 pm – 10 pm / Athletic Clubhouse
16	Safety Advisory Committee Meeting
	7 pm – 8:30 pm / Valley Springs Clubhouse
17	Pool ID Cards
	6 pm – 8:45 pm / Athletic Clubhouse
20	Sports Committee Meeting
	7 pm – 8:30 pm / Valley Springs Clubhouse
21	Pool Committee Meeting
- (7 pm – 10 pm / Valley Springs Clubhouse
24	•
	6 pm - 10 pm / Athletic Clubhouse

(Continued on Page 2)



ON-SITE MANAGEMENT OFFICE HOURS

On Site Office will be closed on Saturday, May 25 In Observance of Memorial Day The office will be open Monday, May 27th from 2 – 7 pm

Monday & Wednesday	2pm -	–7pm
Saturday		

For the most up-to-date info, please see the Community Calendar at: www.InsideEagleSprings.com

TUESDAYS	Trash & Recycle
FRIDAYS	Trash Only

COMMUNITY CONTACT INFORMATION

EAGLE SPRINGS COMMUNITY ASSOCIATION

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergen	cy 9-1-1
P-4 Constable Dispatch	•
Humble ISD Police (Schools)	281-641-7900
Atascocita Volunteer Fire Dept (AVFD)	
	201 052 2101

Non-Emergency Number	
Harris County Animal Control	
Texas Poison Control Center	

UTILITIES

Electric, (multiple providers)	www.powertochoose.org
Power Outages	
Street Light Outages	
Gas, Centerpoint Energy	
Gas Leaks	
Water, Severn Trent	
24 Hour Emergency Number	
Humble Post Office	
Trash & Recycle, Best Trash	

TELEPHONE/TV/INTERNET PROVIDERS:

Centurylink	
Comcast	
DISHNetwork	
DirecTV	

SCHOOLS

Humble ISD	
Website	www.humble.k12.tx.us
Eagle Springs Elementary	
Atascocita Springs Elementary	
Timberwood Middle School	
Atascocita High School	

NEWSLETTER PUBLISHER

Peel, Inc	
Advertising	advertising@PEELinc.com

Community Calendar - Continued from cover

25 ON SITE OFFICE CLOSED
in observance of Memorial Day
25ES Flyers Swim Team Swim Meet
6 am – 3:00 pm / Athletic Pool, Clubhouse & Pavilion
4Athletic Pool Opens 3:00 PM
27Memorial Day
27Splash Into Summer Event
6 pm – 8:45 pm / Athletic Clubhouse
27ON SITE OFFICE OPEN
27 Landscape Committee Meeting
7 pm – 8:30 pm / Valley Springs Clubhouse
30Pool ID Cards
6 pm – 8:45 pm / Athletic Clubhouse
31ES Flyers Swim Team

** NOTE: Time Change for Athletic Club Pool during Swim Meets! **

YOUR NEW YEAR RESOLUTION

Still time to get started

iMD Health Care & Imaging, PLLC

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- Exercise Regularly
- . Live Well

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13107 W. Lake Houston Pkwy • Houston, TX 77044

Office Hours

Mon. - Fri.: 8:00 AM - 5:00 PM

Sal.: 8:30 AM - 12:00 PM

We accept all major insurance plans and Medicare.

Summer Wood



Happy Mother's Day!

May is full of special days, events and it kicks off summer vacation for many of you. Congratulations to all the area high school seniors on reaching the milestone of graduation. It's an exciting time to focus on what road you will travel down next in this great journey of life. Happy Mother's Day to all the moms! Such special ladies that help keep everything together for their families. THANK YOU for all you do. As you enjoy the many Memorial Day festivities, BBQ's and events that help kick off the summer vacation time; take a moment to thank some of our military personnel and their families. Many military personnel paid the ultimate price with their lives protecting our freedom. Freedom comes with a price, and it's not free.

With summertime comes pool time, Yeah! Many of us are preparing our pools for a fun filled season. It can be challenging to keep your pool looking great. If you own a pool the month of May brings hotter temperatures and with all the sunshine requires more maintenance on the water in your pool. Make sure you have the proper chemical mix of chlorine and muriatic acid to balance PH or your system is charged on a saltwater pool plus muriatic acid. If you are having problems with green algae buildup in your pool we have a found a product that removes this better than anything on the market. Algae eats phosphorus to survive and removing phosphorus from your pool kills the algae. Add a product called "Phosfree" or any of the phosphorus eliminating products to your skimmer weekly to get crystal clear water with no green. This is a much better alternative to insecticides that do not work and poison the pool. Since finding this product we have had less maintenance, less chorine use and water that is clean and clear. Thank you to some of my past clients that recommended this product to me. If you're in the market for a pool service person to help you maintain your pool, Luke Slade has been assisting me with client's pools as well as my own personal pool. He does a great job. Luke can be reached at 281-728-7750. Text or call Luke to schedule a time to visit in person.

If you are in the market for a pool remember to interview at least 3 pool companies to find the one that is right for you. Cheapest is not always best in the pool industry. Using a quality pool company that uses quality vendors with continuous oversight will make you a very happy pool owner in the long run.

Now is a great time to have an A/C service on your system. It's amazing how many people including myself, that have good intentions of making the call to schedule the service check, but don't ever get around to it. Preventative maintenance is so important, especially since many of the homes are 5 years or older. Not only can it help extend the life of your A/C system, it can also help reduce utility bills. Remember to keep your filters clean as well. Ben Franklin once said, "An ounce of prevention is worth a pound of cure." If you are in need of an A/C Service, call Quality Comfort Air and ask for the Owner, Robert Parsons at 832-663-5373. He services our home as well as many of our clients. Quality service people are a very valuable commodity in the real estate business.

The market continues to be strong. Buyer activity is strong and home inventory is low. We continue to see multiple offer situations in several price points. I appreciate the opportunity to earn your business. Thank you, to all of you that continue to refer your friends, family and co-workers to me. Referrals are the biggest compliment I can receive. They are also the bloodline of my business.

Better Homes and Gardens Real Gary Greene is a Principal Cartus Network Brokerage. When planning your relocation move, I appreciate you providing my name, Rebekah Snipp, to your relocation coordinator. That will assure you that when the time comes to list your home, you will receive my services. Better Homes and Gardens Real Estate Gary Greene has 21 offices with over 900 agents. Requesting me by name, will secure the request. You may also send me a message or text, and I will notify the Better Homes and Gardens Real Estate Gary Greene kas to they can match your incoming request to me.

Enjoy your summer! Safe travels to many of you while you are on the road over the summer time. Be sure to visit majorleaguehomes.com for tips to assist you with summer vacation planning.

Respectfully, Rebekah Snipp, Realtor

P.S. Be sure to ask me about the Free Local Move I offer all my clients. Some Restrictions apply, so be sure to ask me about details.

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BETTER HOMES AND GARDENS REAL ESTATE GARY GREENE

Rebekah Snipp Realtor, ABR, CDPE Direct: 832-814-6120 rebekah.snipp@ garygreene.com

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

Website:

majorleaguehomes.com



Eagle Springs Resident



Eagle Springs Community Association, Inc. 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 for the Board of Directors to conduct the business of the Association.

This meeting will take place on Thursday, May 9, 2013 at the Eagle Springs Community Valley Springs Clubhouse located at 13355 Valley Lodge Parkway, Humble TX 77346. The Open Session of the meeting will begin at 5:00 p.m. and adjourn at 6:00 p.m.

The Meeting Agenda may be viewed online at: www. InsideEagleSprings.com under Homeowner's Association/ Document Library. Please contact Community Manager, Bill Higgins at Crest Management for any questions regarding this notice at: Bill@Crest-Management.com or call 281-945-4625.



Eagle Springs Recycling Event! Have you heard?

Eagle Springs' Landscape & Safety Advisory Committees have teamed up to provide residents with a safe, secure, and GREEN way to recycle their unwanted or no longer needed paper & electronics. You've cleaned out those garages and tax season is over... Now it's time to de-clutter and get rid of all those old electronics and paper!

And you may even win one of 4 great prizes for just for being green

When: Saturday, May 11, 2013 Where: Eagle Springs Sports Complex Parking Lot 17931 Eagle Springs Pkwy.

> Time: 11:00am to 2:00pm

.....

We have contracted with Shred-Pro who provided our secure paper shredding last year. They will accept all your papers and documents and shred them "on-site" so that you know they are securely destroyed and recycled. Shred-Pro asks that all binders and binder clips be removed for any materials that will be shredded. These items can cause sparks and are considered a fire hazard. Staples, paper clips, and any metal that will bend with the pressure of two fingers is perfectly acceptable.

CompuCycle will once again provide responsible electronics recycling. CompuCycle is an R2 Certified Company offering residential recycling of electronics. All data is destroyed responsibly, securely and safely!



(Continued on Page 6)

THE TRACY MONTGOMERY TEAM CONTINUES TO GROW

We would like to welcome our new Assistant, Margie Riley to our team.



Margie has been a Kingwood resident for 14 years where she relocated from Southern California in 1999. While living in Kingwood she gained experience working in Commercial Property Management as well as Commercial Real Estate. We are thrilled to have Margie join Tracy Montgomery and her team. Her experience will serve our customers well.

WE NEED YOUR HOME

A National Housing Survey conducted in February 2013 revealed that Americans are feeling really good about the housing market. The study found that homeowners and renters expect home prices to rise. The result has been a dramatically changing real estate market. Renters want to buy and many homeowners are taking advantage of the trend; selling at highs not seen since July 2008. Still, home inventory is low as demand continues to rise. "We need your home" as buyers are lining up.

HOW LONG WILL INTEREST RATES STAY THIS LOW?

For good reason, more and more consumers are concerned interest rates will continue to rise in the coming months. Goldman and Sachs February Mortgage Analyst predicts a steady increase in 30-year mortgage rates over the next 18 months. In the first two months of 2013, 30-year mortgage interest rate rose from 3.3% to 3.6%.



Tracy Montgomery Cell: 713.825.5905



Denise Hernandez Cell: 832.778.2265



Sandy Beatte Cell: 713.503.8110



tracy@tracysoldit.com 20665 W Lake Houston Parkway Humble, Tx 77346

(Continued from Page 4)

ITEMS ACCEPTED FOR E-RECYCLING INCLUDE:

PC's & Servers, Switches, Monitors^{*}, TV's^{*}, Laptops, Memory Chips, Printers & Copiers, Projectors, Keyboards & Mice, Game Consoles, Small Kitchen Appliances, Hubs & Routers, Fax Machines, Rechargeable Batteries, Cameras, Cords & Cables, Hard Drives, Tape Drives, PDA's, Telephone & Cell Phones.

ITEMS NOT ACCEPTED FOR E-RECYCLING:

Weed eaters, Refrigerators, Vacuum cleaners, washers & dryers

*Monitors and TV 's are accepted at collection events for a small fee. CRT monitors is \$5, TV's up to 36" is \$15, TV's over 36" is \$25. Anything over 52" cannot be accepted at the event but may be brought to CompuCycle's recycle center.

Drive up & Drop off your paper and retired electronics! You don't even have to get out of the car!

Prize Tickets will be given to each Eagle Springs' household that participates!

Prizes include: Two - 30 gal. Live Oak Trees (Includes professional planting of trees during planting season by Ridgewood Landscape Co.)

Two - Gift Cards to Ace Hardware **Questions?** Safety.Committee@InsideEagleSprings.com

Get Ready to Get Wet! Swimming Pool Opens Saturday, May 4th



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Pool ID Card Update

2013 Pool Card & New Resident Info

Residents who currently have a 2012/13 (PINK STICKER) Validated Pool ID Card - YOU DO NOT NEED TO DO ANYTHING your cards will remain valid throughout the 2013 Pool Season. Additional Information and details are available on our website: www.InsideEagleSprings.com

NEW RESIDENTS - should visit the On Site Office during normal business hours to obtain your Electronic Access Card. The Electronic Access Card will provide you access to all of the Amenities here in Eagle Springs (Fitness Center, Tennis Courts, Pools and Splash Pad & Spray Park). The Card is \$10, does not expire and a family is able to register for up to 4 cards.

POOL ID CARD VALIDATION STICKERS

If you already have a Pool ID Card and only need the new 2013/14 Validation Sticker you will need to do the following In order to receive the new 2013/14 Pool ID Card Validation Sticker

1. You must be in good standing with the HOA

2. You must provide proof of residency (Photo ID, Utility Bill, & Lease Agreement if you do not own)

3. Your CURRENT CARD must have "YEAR SPACES" available at the bottom of the card (not blank space but "YEAR SPACES") -Stickers CAN NOT be placed on top of old stickers

4. Your CURRENT CARD photo must be representative of your current persona (ie. A baby photo of a child now 6 or 7 will NOT work and will need to have a new card made)

POOL ID Cards

If your current card DOES NOT fall under one of the above scenarios...YOU WILL NEED A NEW POOL ID CARD.

NEW POOL ID CARDS

In order to receive a new Pool ID Card for the 2013 Swim Season you must:

1. Be in Good Standing with the HOA

2. Provide proof of residency (Photo ID, Utility Bill & Lease Agreement if you do not own)

3. Pay \$2/card - Cash or Check (exact change preferred) (Checks payable to: ESCA – Eagle Springs Community Association)

If you have any questions, please contact the On Site Coordinator at Help@InsideEagleSprings.com or check out the Eagle Springs website at www.InsideEagleSprings.com

The On Site office is open Monday/Wednesday 2 - 7 pm and Saturdays 9 - 1

Additional Days/times have been added to ease getting new Pool ID Cards and Validation Stickers. Please arrive 15 minutes prior to the office closing.

> Friday May 3rd - 6:00 pm - 8:45 pm Saturday May 4th - 9:00 am - 4:00 pm Saturday May 11th - 9:00 am - 4:00 pm Friday, May 17th - 6:00 pm - 8:45 pm Thursday, May 30th - 6:00 pm - 8:45 pm

Splash into Summer Pool Parties

Join your neighbors as we kick off the summer swimming season with pool parties at both Athletic and Island Club pools on May 27th, from 10-1. We'll have music, refreshments available for purchase, and Sweetwater Pools will be hosting games with great prizes. You don't want to miss it!

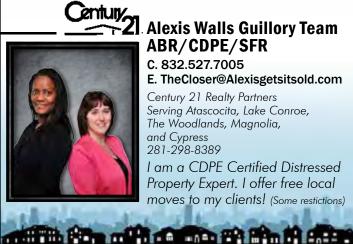


Thinking about.

Alexis & Heather Sell & Sold in Eagle Springs. Call Today!



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The Lake Houston area's first single-incision robotic surgery performed at Memorial Hermann Northeast



Dr. Jose Ortega, M.D.

A surgeon affiliated with Memorial Hermann Northeast Hospital has successfully performed the Lake Houston area's first gallbladder removal through a single small incision in the bellybutton using the *da Vinci®* Si Surgical System. Because it's performed through the navel, the procedure leaves virtually no visible scar.

"This is quite an advancement over traditional surgery," said surgeon Jose Ortega, M.D., "We were able to remove the patient's gallbladder safely through one tiny incision."

Memorial Hermann Northeast was the first Lake Houston-area hospital to offer this version of the *da Vinci*[®] Si robot with the single-site system. The innovation allows procedures to be made using a single incision rather than the three to five previously required by traditional robotic-assisted procedures.

"Memorial Hermann Northeast is proud to make this remarkable technology available to area residents," said Heath Rushing, the hospital's chief operating officer. "These single-site procedures can make patients healthier with little or no scarring, which leads to a faster recovery."

"There is a trend among patients seeking less-invasive techniques, " commented Dr. Ortega. "The *da Vinci®* robot is the breakthrough we were looking for to support our patients."

Surgeons affiliated with Memorial Hermann Northeast are now performing *da Vinci®* robot-assisted procedures in gynecology, urology and general surgery.

For more information about Memorial Hermann Northeast's robotics system, call 281.540.7303.

Memorial Hermann Northeast Hospital 18951 Memorial North Humble, TX 77338 713.222.CARE (2273) memorialhermann.org/northeast



Spring Egg-stravaganza Fun!

On March 23rd, residents young and old braved the overcast skies to have fun gathering eggs and participating in games, crafts, and rides. Well over 750 kids grabbed 8,000 + eggs at lightening speed on our soccer and baseball fields.

Children had many activities to choose from, including a train ride, petting baby animals, fun games with prizes, jump houses, and a carousel. Tacos Flores and Chick-Fil-A were on hand to sell refreshments, with a special appearance by the Chick-Fil-A cow!

A special thanks goes out to our volunteers from AHS JROTC and AHS NHS. Without the support of over twenty five kids from these organizations, our events would not happen! We appreciate you all giving up your Saturday morning to help the children of our community.

Another special thank you to Rebekah Snipp of Better Homes and Gardens Gary Greene. Thank you for supporting our community events!



Congratulations to our Egg Hunt Winners!

Weston Abbe Charles Brock Karly Brock Noah & Claire Landrith Landon Prichard Dylan O'Reilly Mia Roussel Erica Vauter Amanda Velasquez Bree Verret

Each winner found a lucky egg that entitled them to a \$25 gift card to Toys R us!



Homes Needed



Inventory is at our all-time lowest in years and I am in need of listings to keep up with the demand of new buyers. If you or anyone you know is considering selling, please give me a call. I would be happy to provide a free confidential Market Analysis of your home.

All Homes closed in Eagle Springs 3/1/13-4/2/13

Address	Lot Size	SF	List Price	LP/SF	YB	BR	Bth	Sale Price	DOM
17218 MITCHELL PASS	3886	1608	\$125,000	\$77	07	2	2/0	\$115,000	51
18102 Yellowstone	7200	2215	\$133,000	\$60	05	3	2/0	\$150,599	12
12219 Sunlight Peak	7402	1779	\$145,900*	\$82	05	3	2/0	\$143,000	37
12627 COOPER BREAKS	8873	3099	\$149,000	\$48	06	4	3/1	\$166,000	17*
18426 Yellowstone	7200	2376	\$159,900*	\$67	01	3	2/0	\$159,900	137*
12702 Wolf Creek	10520	2316	\$165,500	\$71	01	4	2/0	\$165,000	0*
12702 Cooper Breaks	7200	2145	\$169,777	\$79	05	3	2/0	\$165,000	18
17607 BUCK ISLAND	6782	2284	\$174,000	\$76	04	4	2/0	\$175,500	20
17310 SHILOH VALLEY	7716	2362	\$179,900	\$76	06	4	2/0	\$179,900	21
12230 Natchez Park	8325	2254	\$179,900	\$79	05	4	2/0	\$180,500	3
18307 OTTER CREEK	7200	2805	\$184,000	\$65	04	4	3/1	\$184,000	38*
12318 Grand Arches	6250	2676	\$238,950	\$89	12	4	3/0	\$232,000	43*
17315 Cumberland Park		2941	\$260,095*	\$88	12	4	3/1	\$234,100	196
12515 JAMESTOWN		3319	\$264,290*	\$79	12	4	3/1	\$245,000	230
17626 BRIDGER BEND	8286	2819	\$278,865*	\$98	13	3	2/1	\$274,400	170
17303 Cascading		3265	\$281,276*	\$86	13	4	3/1	\$262,975	13
17218 Grayton Edge	8901	2753	\$286,990*	\$104	13	4	3/0	\$272,457	38
17715 Red River	9250	3669	\$329,257	\$89	12	4	3/1	\$308,180	21*
11818 SEQUOIA VALLEY	11336	4744	\$343,500	\$72	06	5	4/1	\$322,500	29
11810 BANDERA CREEK	8750	3642	\$362,000*	\$99	13	5	4/0	\$344,200	25*
12410 WIDE RIVER	12019	4240	\$409,900	\$96	03	5	4/0	\$400,000	28
12814 Kinkaid Meadows	1	4205	\$422,916	\$100	12	5	4/1	\$378,900	69
12803 Kinkaid Meadows		4328	\$492,909*	\$113	12	5	4/1	\$432,909	88

Are you ready to put your home on the market?

Houston has one of the most affordable housing markets in the U.S. and is a top market for homes that go under contract within 24 hours of being listed. So with home affordability and many jobs available, many more new buyers are headed this way. Listings are being sold in a flash! Flash sales are becoming increasingly common with new listings coming on the market. We are finding in some cases that sending out an email to our local offices and fellow Realtors, we are getting homes sold before they are even listed in the MLS and only hours from getting the listing signed.

Buyers Beware:

Buyers are having to make quick decisions once they find a home and may likely be in a multiple offer situation while competing with another buyer. Be prepared to act quickly.

Mark Your Calendar

• May12^{th -} Mother's Day

Make the time to spend with your mother on her special day.

• May 27th - Memorial Day

Remember those who died serving our country and thank a veteran!

Cheryl Stevens 832-754-3539

cheryl@cherylstevens.net



Red Door Realty & Assoc. 7810 FM 1960 E, 104 Humble, Tx 77346



Eagle Hatchlings

Congratulations to our newest residents

Grayson Montgomery Earl Perry March 11, 2013 Proud Parents: Brenda and Tim Perry Montecito Point

Liam Mathias Mork March 22, 2013 Proud Parents: Ingar and Sandra P. Mork Cottage Grove **On Site Office Closed** Saturday, May 25th Office will be open – May 27th 2 – 7 pm



Please remember to pick up after your pets and "scoop the poop"

Noonan Murphy *Team* #1 RE/MAX Associates Northeast Team



12

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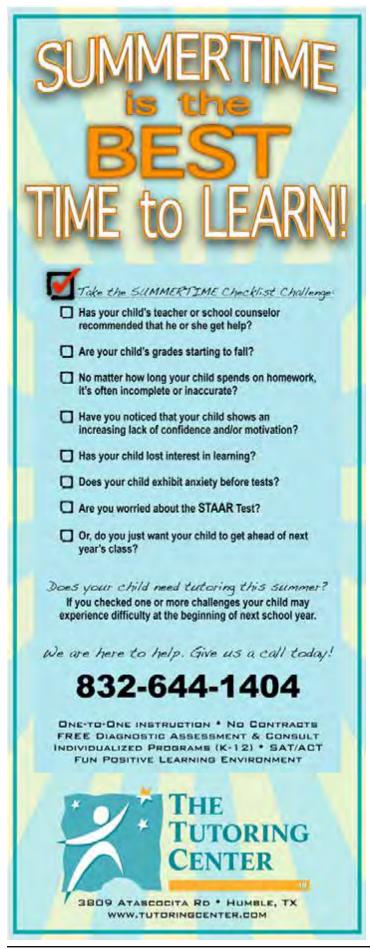
Primrose School of Eagle Springs 17979 Eagle Springs Parkway, Humble, TX 77346 281.852.8000 | PrimroseEagleSprings.com



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Constable's Corner

What Can You Do To Minimize The Chances Of An On-line Exploiter Victimizing Your Child?

- Communicate, and talk to your child about sexual victimization and potential on-line danger.

- Spend time with your children on-line. Have them teach you about their favorite on-line destinations.

- Keep the computer in a common room in the house, not in your child's bedroom. It is much more difficult for a computersex offender to communicate with a child when the computer screen is visible to a parent or another member of the household.

- Utilize parental controls provided by your service provider and/or blocking software. While electronic chat can be a great place for children to make new friends and discuss various topics of interest, it is also prowled by computer-sex offenders. Use of chat rooms, in particular, should be heavily monitored. While parents should utilize these mechanisms, they should not totally rely on them.

- Always maintain access to your child's on-line account and randomly check his/her e-mail. Be aware that your child could be contacted through the U.S. Mail. Be up front with your child about your access and reasons why.

- Teach your child the responsible use of the resources on-line. There is much more to the on-line experience than chat rooms.

- Find out what computer safeguards are utilized by your child's school, the public library, and at the homes of your child's friends. These are all places, outside your normal supervision, where your child could encounter an on-line predator.

- Understand, even if your child was a willing participant in any form of sexual exploitation, that he/she is not at fault and is the victim. The offender always bears the complete responsibility for his or her actions.

- Instruct your children:

• to never arrange a face-to-face meeting with someone they met on- line;

- to never upload (post) pictures of themselves onto the Internet
- or on-line service to people they do not personally know;
- to never give out identifying information such as their name, home address, school name, or telephone number;
- to never download pictures from an unknown source, as there is a good chance there could be sexually explicit images;
- to never respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing;
- that whatever they are told on-line may or may not be true. If you believe that your child may have become a victim of on line exploitation contact the Harris County Pct 4 Constables Office dispatch line at (281)376-3472.

Eagle Springs Flyers Swim Team

It's not too late to join the fun! For registration information visit our website at www.eaglespringsflyers.com

The Eagle Springs Flyers is a summer league swim team located right here in Eagle Springs. Our goal is to help swimmers of all ages and abilities develop their swimming skills in a safe, fun, and encouraging atmosphere.

Swim team is a wonderful community sport that allows the swimmers to practice and compete with their neighbors and friends in an entertaining and exciting environment. The team has a strong foundation, and provides a safe, family-oriented neighborhood activity that focuses on individual improvement in a setting of friendly competition.

Please note the following changes in the Athletic Club Pool Hours during our home swim meets:

Saturday, May 11 - Opens at 12pm Saturday, May 25 - Opens at 3pm Saturday, June 1 - Opens at 3pm Saturday, June 15 - Opens at 3pm

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View d			9		5					
		4			3		1	7		

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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CONTROL YOUR WEIGHT, MINIMIZE CANCER RISK

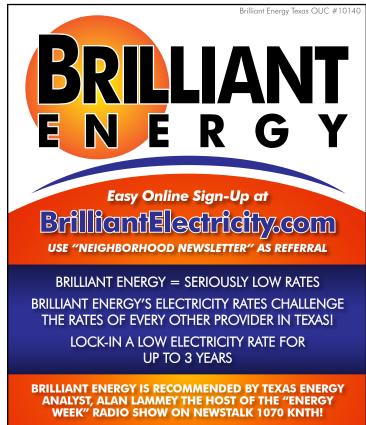
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



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SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine (www.bcm.edu).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine - emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites - including 148 from known venomous snakes in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to twothirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that if you are bitten on the hand, bring it to heart level, and if you're bitten on the leg or foot, elevate it if possible. This minimizes the amount of local tissue damage and swelling, which is the most common finding in pit viper bites.
- Go to the emergency room the sooner the better. Greene also dispels several myths about treating snake bites and suggests heeding the following advice:
- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out
 - this increases the amount of local tissue damage.

- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.



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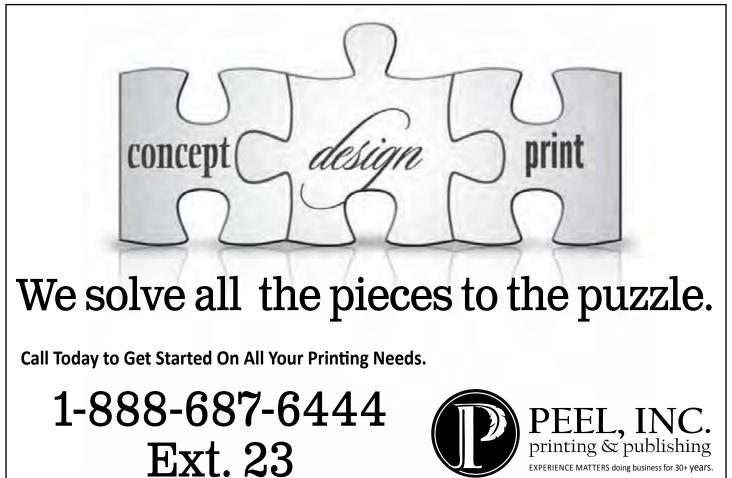
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