THE TALON

June 2013

Official Publication of the Eagle Springs Community Association

Volume 5, Issue 6

COMMUNITY CALENDAR JUNE 2013

1ES Flyers Swim Team Meet
6 am − 3:00 pm / Athletic Pool, Clubhouse & Pavilion
6Twin Villas HOA Meeting
7 - 8:30 pm / Valley Springs Clubhouse
11Book Club
8 pm – 10 pm / Athletic Clubhouse
13Cards, Crafts & Ink Group
6 pm – 10 pm / Athletic Clubhouse
13Neighborhood Voting Representative (NVR) Meeting
7 pm / Valley Springs Clubhouse
14Flag Day
14ES Flyers Swim Team
5 pm – 10 pm Athletic Pool, Clubhouse & Pavilion
15ES Flyers Swim Team Meet
6 am – 3:00 pm / Athletic Pool, Clubhouse & Pavilion
16
17Sports Committee Meeting
7 pm – 8:30 pm / Valley Springs Clubhouse
18Pool Committee Meeting
7 pm – 10 pm / Valley Springs Clubhouse
19Primrose Parent Information Meeting
All Residents are Welcome - $6 pm - 7:30 pm$ / Valley Springs Clubhouse
20Safety Advisory Committee Meeting
7 pm – 8:30 pm / Valley Springs Clubhouse
24Landscape Committee Meeting
7 pm – 8:30 pm / Valley Springs Clubhouse
** NOTE: TIME CHANGE FOR ATHLETIC CLUB POOL DURING SWIM MEETS! **

ON-SITE MANAGEMENT OFFICE HOURS

Monday & Wednesday	2pm –7pm
Saturday	9am – 1pm
For the most up-to-date	info, please see the
Community Calendar at: www	w.InsideEagleSprings.com
TUESDAYS	Trash & Recycle
FRIDAYS	Trash Only

Eagle Springs 2013 - Pool Hours

Athletic Club Pool 17821 Eagle Springs Parkway ** CLOSED FOR CLEANING ON MONDAYS, EXCEPT HOLIDAYS ** 9 am – 8 pm, Adult Only Swim 8 pm – 10 pm Monday, Memorial Day Holiday......May 27th 9 am – 8 pm, Adult Only Swim 8 pm – 10 pm Daily EXCEPT Monday......June 1 – June 30 11 am - 8 pm, Adult Only Swim 8 pm - 10 pm Daily EXCEPT Monday......July 1 – August 25 9 am – 8 pm, Adult Only Swim 8 pm – 10 pm Weekends ONLY......August 26 – September 30 9 am - 8 pm, Adult Only Swim 8 pm - 10 pmPLEASE NOTE THE FOLLOWING CHANGES IN ATHLETIC **CLUB POOL HOURS DURING SWIM MEETS:** Saturday – May 11......Mock Meet 12 pm - 8 pm, Adult Only Swim 8 pm - 10 pmSaturday – May 25...... Home Swim Meet 3 pm – 8 pm, Adult Only Swim 8 pm – 10 pm 3 pm − 8 pm, Adult Only Swim 8 pm − 10 pm Saturday – June 15......Home Swim Meet 3 pm - 8 pm, Adult Only Swim 8 pm - 10 pm Athletic Club Pool - 17821 Eagle Springs Parkway ** CLOSED FOR CLEANING ON MONDAYS, EXCEPT HOLIDAYS ** Weekends Only......May 4 – June 7 9 am – 8 pm Monday – Memorial Day Holiday......May 27th 9 am - 8 pmDaily EXCEPT Tuesday......June 8 – August 25

COMMUNITY CONTACT INFORMATION

EAGLE SPRINGS COMMUNITY ASSOCIATION

Board of Directors As	sktheBoard@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 Emer	gency 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

O I ILI I ILO	
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	
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:

Centurylink	877-290-5458
Comcast	800-266-2278
DISHNetwork	877-903-3813
DirecTV	888-777-2454

SCHOOLS

281-641-1000
w.humble.k12.tx.us
281-641-3100
281-641-3600
281-641-3803
281-641-7500

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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

4th of July Parade and Party

We kick off the 4th of July with a bang with our annual parade and party! We have some new and exciting activities this year. Watch InsideEagleSprings.com for parade route information and details coming soon.

Better Homes and Gardens Real Estate Gary Greene 832.814.6120 - Cell

Better 9 Homes 9 Homes GARY GREENE

9000 Forest Crossing The Woodlands, Texas 77381 18455 W. Lake Houston Pkwy #250 Atascocita, TX 77346

281.367.3531 - Office

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!

Happy Father's Day!

Thank you to all Dad's on your very special day!

The first 4 months of 2013 in our local market have been buzzing with activity. Table 1 shows activity in Area 1 – Northeast Houston which includes, Humble/Atascocita/Huffman. Table 2 shows specific data for Eagle Springs.

Area 1 – Northeast Houston – Represents inventory of homes available on May 7, 2013 and contracts executed between January 1 – May 7, 2013

				-	-			
Status	Up to \$99,999	\$100,000- \$199,999	\$200,000- \$299,999	\$300,000- \$399,999	\$400,000- \$499,999	\$500,000- \$599,999	\$600,000+	Total
Active	46	281	211	94	45	14	22	713
Option Pending	5	54	26	8	1	0	0	94
Pending / PS	63	181	93	30	11	4	3	385
Sold	179	361	160	54	16	10	7	
Total:	293	877	490	186	73	28	32	1979

Eagle Springs - Represents inventory of homes available on March 7, 2013 and contracts executed between January 1 – May 7, 2013

Status	Up to \$99,999	\$100,000- \$199,999	\$200,000- \$299,999	\$300,000- \$399,999	\$400,000- \$499,999	\$500,000- \$599,999	\$600,000+	Total
Active	0	16	33	17	9	4	0	79
Option Pending	0	5	7	1	0	0	0	13
Pending / PS	0	8	10	2	1	1	0	22
Sold	0	39	35	6	3	0	0	83
Total	0	68	85	26	13	5	0	197

NOTE: This representation is based in whole or in part of data supplied by the Houston Board of Realtors Multiple Listing Service. Neither the Board nor its MLS guarantees or is in any way responsible for its accuracy. Any market data maintained by the Board or its MLS necessarily does not include information on listings not published at the request of seller, listings of brokers who are not members of the Board of MLS, unlisted properties, rental properties, etc.

The time to put your home on the market and sell may be right now. For years, my Eagle Springs neighbors have trusted me in assisting them with selling their homes. My ranking as the #1 Individual Listing Agent in Eagle Springs; in addition to being listed as one of the Top five agents in Area 1 – Northeast Houston for the past several years; confirms my ability to assist you with a proven marketing plan providing full turn key service to get your home sold.

Buyers need to know prices are already starting to move up as inventory of available homes are down. There are numerous companies relocating to the area that continues to put demand on available homes as well, with some opting to lease until the home that fits their needs comes on the market. That home may be yours. Let me help you evaluate your options if buying or selling is in your future.

The market is hot as displayed by the following Sold and Sale Pending's that I have had since January 1, 2013. "Days on Market" is shrinking and I have been getting multiple offers on many properties as well as homes selling in as few as 6 days. I personally closed 76 transactions in 2012 totaling approximately \$13 million dollars.

My family and I live in Eagle Springs and specialize in Eagle Springs. I know this neighborhood and I know many of you. Thanks to Eagle Springs and all my neighbors for your trust in me and my business. I have sold over 450 homes and I can sell yours too!

I am asked many times for Vendors that I use for repairs, maintenance, or additions to the homes I represent or that I use personally. The following are a few Vendors that I consistently use and get the job done. Contact me if you are in need of any Vendor for your home. I will be happy to get you with the Professional that fits your needs.

A/C-Quality Comfort Air- 832-663-5373 | Plumbing-Chris Adkison-832-477-1902 | Roofing-FSR Services-281-852-9555 Pools-Picasso Pools-281-361-7946 | Locksmith-Lake Lock & Key-281-852-1516 | Home Alarm-Lakeshore Security-281-457-9228 | Landscaper-Hollywood Hills-281-657-5380

Have a safe and fun Summer!! -- Rebekah Snipp

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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

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

Mark Snipp

Website:

majorleaguehomes.com



Resident of Eagle Springs



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The Talon - June 2013 3

Eagle Springs Flyers Swim Team

The Flyers will be holding their annual parade on Friday, June 21. The parade will begin at ES Elementary at 5:30 and wind through the neighborhood. The route will be posted on our website (www. eaglespringsflyers.com) the week of the parade. Come out and have some fun while you cheer on the Flyers as they prepare for their Divisional Swim Meet.

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







Water Conservation

As we approach the summer season, MUD 290 would like to remind Eagle Springs residents of some good ways to conserve water.

You'll find that you can save hundreds of gallons of water inside your home each year when you become WaterSmart! Here are some tips for water conservation:

INSIDE THE HOME

- Install reduced-flow showerheads (2.5 gallons/minute).
- Check all faucets, inside and out, for drips. Make repairs promptly.
- Inspect the plumbing system to see that there are no leaks. A toilet leak can waste lots of water. Put a small amount of food coloring into the tank. If the color trickles into the bowl, there is a leak and repairs are needed.
- Turn off all water if you are going to be away from home on a vacation or trip.
- Teach children to turn water faucets off quickly and tightly after each use.
- Never use the toilet as a trash basket for facial tissues, etc.
- Wait until you have a full load before washing clothes or dishes.
- Check garments to make sure they need washing to not wash more often than necessary.
- Take 4 minute showers instead of tub baths. Showers usually use less water than a bath.
- Turn off water while you shave, brush teeth, etc.
- Use a pan of water when peeling and cleaning vegetables rather than letting the faucet run.

(Continued on Page 6)

TEXAS' JOB GROWTH TWICE THAT OF U.S.

find an article raving about Houston Real Estate. Real Estate booms for a reason ... jobs.

According to the Real Estate Center's latest Monthly Review of the Texas Economy, the state gained 322,600 nonagricultural jobs from March 2012 to March 2013, an annual growth rate of 3 percent compared with 1.5 percent for the United States.

The state's private sector added 310,000 jobs. an annual growth rate of 3.5 percent compared with 1.9 percent for the nation's nongovernment sector. Construction jobs grew by 6.2 percent. Texas' seasonally adjusted unemployment rate fell to 6.4 percent from 7 percent a year earlier. The nation's rate decreased from 8.2 to 7.6 percent.

All Texas industries and the state's government sector had more jobs than a year ago From March 2012 to March of 2013, Odessa ranked

It's hard to read the morning newspaper and not first in job creation, followed by Midland, Corpus Christi, Austin-Round Rock-San Marcos and Houston-Sugar Land-Baytown. Houston's employment growth rate was 3.9 percent.

> With good paying jobs and buyers with healthy credit the housing boom continues to be strong in the Houston area. Housing inventory is at an all-time low providing sellers an opportunity to sell today and buy tomorrow, taking advantage of low 15 and 30 vear mortgage rates.

> Don't be fooled however and fall into a common belief that a strong market devalues the importance of an experienced Real Estate Professional. At a time when Realtors are busier than ever the opportunity for buyers and sellers to be taken advantage of by unfair negotiations and costly errors is greater than ever. Take advantage of the opportunity to work with proven professionals, call the Tracy Montgomery

THE Tracy Montgomery TEAM



Sandy Beatte Cell: 713.503.8110 **Tracy Montgomery** Cell: 713.825.5905

Denise Hernandez Cell: 832.788.2265



Your Neighborhood Realtors

281.812.8265 www.tracysoldit.com tracy@tracysoldit.com 20665 W Lake Houston Parkway Humble, TX 77346

EAGLE SPRINGS

(Continued from Page 4)

- A tight-fitting lid on a pan saves water from boiling away and also cooks food faster.
- Select the proper size pans for cooking. Large pans require more cooking water.
- Avoid unnecessary rinsing of dishes that go into the dishwasher for immediate washing.

• Irrigate with the proper amount and only when necessary. Understand different water requirements of "zones" in your landscape, and check automatic sprinkler or drip irrigation systems periodically to ensure plants are receiving the water they need without being overwatered.

Avoid watering when windy or in heat of day and keep track of the time to not overwater. Less frequent but heavier lawn watering encourages a deeper root system to withstand dry weather better.

OUTSIDE THE HOME

- Water indoor plants only when needed. Too much water can damage plants.
- Wash your vehicle when you need it, perhaps less often than your current habits.
- Use a bucket of warm sudsy water to remove soil from the car. Hose down only as a final rinse.
- Clean the swimming pool filter often. You will not have to replace the water as often.
- Use a broom, not the hose, to "sweep" the garage, sidewalks, and the driveway.
- Use native and low water-use plants and turf.
- Mulch shrubs and other plants to retain moisture in the soil longer. Mulches should permit water to soak into the soil.





Ready to Buy or Sell? You need the BEST!!

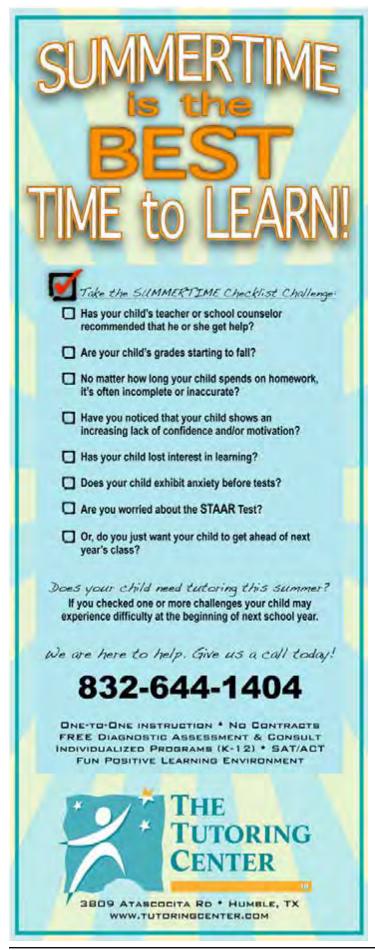
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The Lake Houston area's first single-incision robotic surgery performed at Memorial Hermann Northeast



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





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Are you ready to put your home on the market?



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.

Seven Costly Mistakes Sellers Make

Mistake 1: Putting the home on the market before it's ready. Most times this happens because the seller gets impatient or is a procrastinator and has pushed himself up against a moving deadline without getting the pre-sale work done. So it comes on the market with the horrible carpet (that gets replaced during the marketing of the home); or they are painting it while it goes on the market. Presentation is everything -- so get the work done before marketing the property.

Mistake 2: Over improving the home for the neighborhood. This happens with additions, bump outs, and upgrades that make the home stick out from among its competitors so much that it's an anomaly, instead of a nice addition to the community.

Mistake 3: Pricing the home based on what the seller wants to net. This pricing strategy always ends in failure. Sellers can control the "asking" price, but they don't control the "sales" price. The market does. It doesn't matter what the seller wants, the price is determined by the black-and-white, matter-of-fact reality of the market.

Mistake 4: Hiring an agent based on non-business factors. Make sure you're hiring an experienced Realtor® who is from the area and familiar with your neighborhood. It might be nice to hand over your largest asset to your nephew who just got his license or a friend of a friend who lives across town – but if they don't have the experience or are not familiar with the details of the neighborhood and your market, it could cost you money or problems closing the transaction.

Mistake 5: Getting emotionally involved in the sale of the home. This is one of the biggest challenges home sellers face when putting their house on the market. Once you decide to sell your house, it's no longer a home, but a commodity. It needs to be prepared as a commodity, marketed as a commodity, and priced as a commodity. It doesn't matter what you "want," only what the market can bear on pricing. People are going to come in to kick the tires, so to speak, and you can't get emotional about how they may or may not appreciate the nuances of your home.

Mistake 6: Trying to cover up problems, or not disclosing them. Most states have a property disclosure/disclaimer form -- use it wisely. Just because you disclaim doesn't mean you cannot be sued later for that leaky roof or dilapidated heating/air system discovered 30 days after closing.

Mistake 7: Not getting your ducks lined up before and during trying to sell. This could involve financing, moving plans, etc. Read the fine print on your current mortgage to ensure no prepayment penalties. Listen to the particulars of your local market, etc. If your local market is dictating lower home prices, then lower it early, not later -- it will cost you more in the long run.

My clients are the reason for my success. Buy or sell a home with me and I will provide you with a FREE local move! *Call for details. Some restrictions may apply

Mark Your Calendar

 June 7^{th -} Last Day of School

Summer is here & kids will be out playing. Please be careful through neighborhoods

- June 14th- Flag Day
 Proudly fly your flag
- June 16th Father's Day
 Do something special for the
 father figure in your life!

Cheryl Stevens 832~754~3539

cheryl@cherylstevens.net

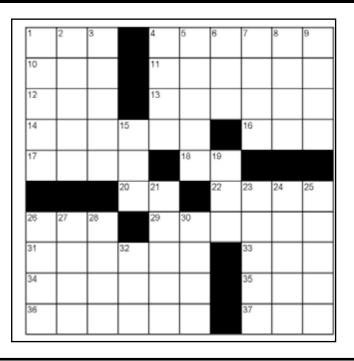


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Humble Tx 77346



CROSSWORD PUZZLE



ACROSS

- 1. Unrefined metal
- 4. Young pigeons
- 10. Gender
- 11. Australian
- 12. Alternative (abbr.)
- 13. Climbing
- 14. China stone
- 16. Hoopla
- 17. Shaft
- 18. Teacher's assistant, for short
- 20. Doctor
- 22. Believe
- 26. Terminal abbr.
- 29. Skin problem
- 31. Infamous Nazi concentration camp
- 33. Tear
- 34. Wring
- 35. Sick
- 36. Work fussily
- 37. Hurricane center

DOWN

- 1. City
- 2. Mellow
- 3. Worship
- 4. Japanese dress
- 5. Fivesome
- 6. Ship initials
- 7. Continent
- 8. Tie
- 9. Sego lily's bulb
- 15. Limb
- 19. Wood tool
- 21. Sea jewel
- 23. Spooky
- 24. Author Dickinson
- 25. Tree
- 26. Eve's garden
- 27. Cab
- 28. Acting (abbr.)
- 30. Nice looking
- 32. Pig

View answers online at www.peelinc.com

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Noonan Murphy Team #1 RE/MAX Associates Northeast Team



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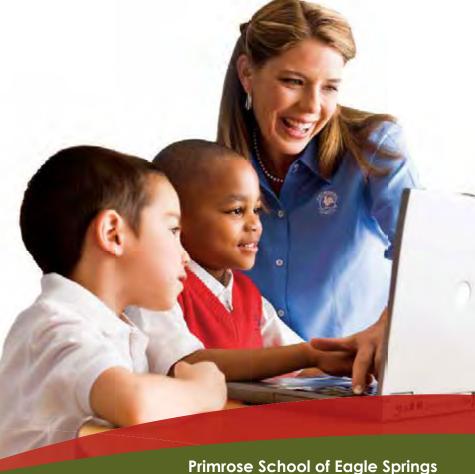
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CONSTABLE'S CORNER

Hurricane Preparedness

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.

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 and 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
 - 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) along with links to various agencies.

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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Health Briefs

Older adults express anxiety in different ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine.

According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- -Generalized anxiety
- -Specific fears and phobias
- -Social phobias
- -Post-traumatic stress disorder

Anxiety symptoms that older adults and their family members should watch for include:

- -Shortness of breath
- -Increased heart rate
- -Dizziness
- -Difficulty sleeping
- -Muscle aches and pains

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam.

Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.



Allergy prevention, management tips

It is important for parents to remember the basics about prevention and management of allergies, said a pediatrician from Baylor College of Medicine.

Dr. Armando Correa, an assistant professor of pediatrics at BCM and a pediatrician at Texas Children 1s Hospital, offered the following tips:

- -Seek immediate medical attention for difficulty breathing, swelling of the face, tongue or other extremities.
- -Consider short-term medication for symptoms such a runny nose, itchy eyes or sneezing.
 - -If symptoms persist, contact your pediatrician.
- -For children under the age of 2 experiencing allergies, always seek medical attention.
- -Help manage environmental allergies by avoiding places that have just been cleaned or places where pets frequent.

Correa also offered tips on food allergies:

- -If your child has multiple or severe allergies, they should always carry an injectable medication.
- -Always read the food labels and be aware of where foods are manufactured.
- -Consider allergy testing for children with severe or multiple allergies.

Always consult a pediatrician on questions related to allergy prevention and management.



Drowning Is Preventable

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer…but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

THE FIRST 3 OF THESE TIPS ARE KEY.

Practice constant visual supervision. Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

Learn to swim. Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

Wear life jackets. Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at www.colinshope. org..

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Adverstising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit www.colinshope.org to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

> Wishing you the SAFEST AND BEST SUMMER EVER, Alissa Magrum Executive Director, Colin's Hope

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5 years ago this month, Colin Holst tragically and silently drowned at the age of 4. 10 Texas children have already drowned this year.

Be a Water Guardian and help prevent children from drowning.

Ongoing: Volunteers needed to stuff and distribute water safey packets **info@colinshope.org**

Ongoing: Colin's Hope Athlete Ambassadors needed! http://www.tinych.org/signup

Now-June 18: Discount Schlitterbahn Tickets for sale. http://www.tinych.org/tickets

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) http://www.tinych.org/got2swim4

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake http://www.tinych.org/got2swimkids





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EAGLE SPRINGS



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

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