THE TALON

July 2013

Official Publication of the Eagle Springs Community Association

Volume 5, Issue 7

COMMUNITY CALENDAR JULY 2013

4	Twin Villas HOA Meeting 7 - 8:30 pm / Valley Springs Clubhouse
9	Book Club 8 pm – 10 pm / Athletic Clubhouse
11	Cards, Crafts & Ink Group 6 pm – 10 pm / Athletic Clubhouse
11	Eagle Springs HOA Board 5 pm – 6 pm / Valley Springs Clubhouse
	Sports Committee Meeting 7 pm – 8:30 pm / Valley Springs Clubhouse
16	Pool Committee Meeting 7 pm – 10 pm / Valley Springs Clubhouse

20.....Casino Night 7 pm – 11 pm / Lake Houston Performing Arts Center

22.....Landscape 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	
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





Come join us for Eagle Springs Adult Only Event!

Saturday, July 20th, from 7-11 pm

Lake Houston Performing Arts Center

7515 Tournament Trails Drive, Humble

COMMUNITY CONTACT INFORMATION

EAGLE SPRINGS COMMUNITY ASSOCIATION

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergence	xy 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	
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

EAGLE SPRINGS* Eagle Springs Community Association, Inc.



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, July 11, 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.





Welcome To Summer!

Summer is in full swing as we head into July. I'd like to take this opportunity to say **Happy Independence Day America!** Thank you to all the men and women in our military that defend our freedom.

The committee has reviewed the applications for the 2013 Rebekah Snipp Scholarship. **Congratulations to the following winners of the 2013 Rebekah Snipp Scholarship.** Each of these individuals will receive a one-time \$1,000 scholarship to go towards tuition and expenses in their Fall semester of college. We were able to increase the scholarship award from one to three due to an award I received from Newland Properties (Eagle Springs) for 2012 sales production with new construction.

> Christopher Pinto-Ruelas – 2013 Senior Summer Creek High School Ariel Thomas – 2013 Senior Summer Creek High School Katherine Bohn – 2013 Senior Atascocita High School

When is the last time you had a licensed roofer come out and inspect your roof as a maintenance item? If you have not done this over the last several years, you may want to consider contacting a local roofing company to have them inspect your roof and perform maintenance on it by sealing around the vents and roof jacks. By taking this step proactively, you can save money by reducing the risk of roof leaks. **Roofing damage** can be tricky & hard to spot. Annual roofing inspections, by an established local **roofing contractor**, can help avoid steep repair costs or untimely roof replacements. FSR Services, owned by Steve Seibert, is a local company that has been doing work for our clients for many years. They received the 2012 BBB Award. **Call FSR Services today at 281-852-9555** to schedule an appointment to have your roof checked and make any necessary repairs or maintenance. Then add a reminder to your calendar to have it checked annually each year.

The market continues to remain strong, we are blessed to be in an area where economic development is in full swing. I appreciate the opportunity to assist you with all your real estate needs. In addition to providing full service to local sellers and buyers, **Better Homes and Gardens Real Estate Gary Greene is a Principal Broker in the Cartus Relocation Network**, which is one of the largest relocation companies in the United States. **If relocation for work is in your future, please contact me directly at 832-814-6120 via phone or text**. I will notify our relocation department that you have requested me when the time comes to list your home. We have over 900 agents', this will ensure that you receive my services when you are ready to list your home. Our relocation department will then be able to match up your incoming request to the flag in their system with me as your agent.

Building clients for life, while giving back to the community, is very important to me. Thank you for allowing me the opportunity to assist you. I also appreciate you keeping me in mind for friends, family and co-workers that are looking to sell or purchase a home. Don't forget to ask me about the "**Free Local Move**" offer. Some restrictions apply, so call me today to learn more! Have a safe and fun Summer!

Respectfully Rebekah Snipp, Realtor 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



Resident of Eagle Springs



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COS	Come join us for Eagle Springs' on Adult Only Event! Saturday, July 20th, from 7-11 pm Lake Houston Performing Arts Cen 7515 Tournament Trails Drive, Hum	at ter
	Doors open at 7; Gaming begins at 7 eat food, Cash Bar, Music and Photo h InsideEagleSprings.com for a list (Booth
 10,000 in For every place in a "Buy back Only one place 	couple or \$15 for single chips for each player y 5,000 in chips cashed in, you will ny of the prize boxes for a chance ks" allowed prize per player be in good standing with ESCA	
Eagle Springs On-	o Night, simply fill out this form and return Site Management Office drop box, located se this form and payment in an envelope r	d in the Athletic Clubhouse.
2013 Casino Nigl	nt Registration	
2013 Casino Nigl Number of People Attending:	nt Registration	Name
Number of People Attending:	-	Name
Number of People Attending:	Total Cost:	Name Address

KEEPING COOL THIS SUMMER

When the mercury creeps higher it's natural to want to ratchet up the air conditioner. But with cooling costs accounting for up to 40% of the average summer energy bill, that's not the most economic or eco-sensitive solution. Believe it or not, making a few simple low-tech changes can pay off with a cooler house and a much lower bill.

Thermostat 101

- An air conditioner set at 70°F costs twice as much to operate as one set at 78°F. It may seem counterintuitive, but raise the thermostat by 2 degrees above its normal setting. You won't feel a difference, but you will see one on your bill.
- 74°F to 78°F is a comfortable range for most people. Set the thermostat to 80°F when you'll be out of the house for several hours and lower it when you return. But don't shut the air conditioner off; it's less efficient to cool the house back down than to leave it set at a higher temperature.
- An automated, programmable thermostat takes care of these tasks and will quickly pay for itself in energy savings.
- Clean or replace the air conditioner filter monthly. Clogged, dirty filters block air flow and make a unit work much harder. A clean filter can save 10% on your bill.

Cooling Trends

• A ceiling fan only uses about as much energy as a 100-watt bulb, but it can make a room feel up to eight degrees cooler. In summer, blades should turn counterclockwise, pushing air downward to create a cool breeze. Reverse directions in winter, so the fan draws air up.

- Box fans are only efficient if someone is in the room to enjoy them, so don't leave them running in empty rooms.
- Keeping windows closed and curtains drawn during the day can reduce cooling costs by 30 percent. In the evening, if the outside temperature is below 77°F, open windows to release warm air from inside the house.
- If there isn't enough roof overhang to shield windows from direct sun, awnings over west- and southfacing windows not only block solar heat but protect furnishings from UV damage.
- Lights, computers and televisions all generate heat. Turn them off when they're not in use and you'll save twice on your energy bill.
- Shut cooling vents to seldom-used rooms like basements or guest suites.

Longer Term Solutions

- Strategic landscaping can cool your house. Deciduous trees-like Maple, Oak and Aspen-planted along the east and west sides of your home allow breezes to pass underneath while keeping the sun from windows. If they grow tall enough, they can also help shade the roof. In the winter when the trees are leafless, the sun will help to heat your home.
- Low-emissivity film applied to older, less energyefficient windows blocks the sun's rays and helps prevent cooled air from escaping.
- Temperatures in an attic can reach 150°F on the hottest summer days. Consider a thermostat-controlled attic fan to release superheated air and keep your entire house cooler.

THE Jracy Montgomery TEAM



Sandy Beatte Cell: 713.503.8110 Tracy Montgomery Cell: 713.825.5905 Denise Hernandez Cell: 832.788.2265



20665 W Lake Houston Parkway Humble, TX 77346

Eagle Springs 2013 - Pool Hours

Athletic Club Pool 17821 Eagle Springs Parkway ** CLOSED FOR CLEANING ON MONDAYS, EXCEPT HOLIDAYS **

Weekends OnlyMay 4 – June 29 am - 8 pm, Adult Only Swim 8 pm - 10 pmDaily EXCEPT Monday11 am - 8 pm, Adult Only Swim 8 pm - 10 pmDaily EXCEPT MondayJuly 2 - August 259 am - 8 pm, Adult Only Swim 8 pm - 10 pmWeekends ONLYAugust 26 - September 309 am - 8 pm, Adult Only Swim 8 pm - 10 pmMonday - Labor Day Holiday

9 am – 8 pm, Adult Only Swim 8 pm – 10 pm

Island Club Pool 17150 Eagle Springs Parkway ** CLOSED FOR CLEANING ON TUESDAYS **

Weekends Only	May 4 – June 2
	9 am – 8 pm
Daily EXCEPT Tuesdays	May 4 – June 2
	9 am – 8 pm
Labor Day Weekend	Aug 31 – Sept 2
	9 am – 8 pm

A Successful "Splash into Summer"!

The Athletic and Island Club pools were packed as residents both young and young-at-heart came to celebrate Memorial Day with our "Splash into Summer" pool parties! Games were played, prizes were won, and music jammed as everyone cooled off in the pools.

Thank you to Christopher's and Smoothie King for providing concessions to our hungry residents, and to Amanda Spurling for coordinating fundraising for relief efforts in Oklahoma. Special thanks to TMAC Sounds for doing an awesome job, as always, emceeing our event!











6 The Talon - July 2013

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NOW OPEN

Way to go Eagle Springs!

Thank you Eagle Springs Residents for helping to raise funds to donate to the Salvation Army and the Central Oklahoma Humane Society by purchasing our refreshments at the pool party on Memorial Day weekend! We raised \$180.00 to help the victims of the recent Oklahoma tornadoes. We were able to split the money between the Salvation Army and the Central Oklahoma Humane Society. Also, a big thank you to Employer Flexible for their generous donation of refreshments! Thank you Eagle Springs for your continued support.



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*.





Eagle Hatchlings

Congratulations to our new arrivals!

Elizabeth Kate Smith

Born: May 13, 2013 Parents: Lucas and Katie Smith Neighborhood: Preston Village

Makenna Reese Resendez

Born: May 18, 2013 Parents: Clint & Cristy Resendez Neighborhood: Sierra Bridge

James Cole Shipp

Born: May 22, 2013 Parents: Jill and JR Shipp Neighborhood: Cade's Crossing

Ethan William Redmond Born: June 2, 2013

Parents: Ron and Sarah Redmond Neighborhood: Yukon Forest



New Residents

New Residents should log on to: www.InsideEagleSprings. com and register on our Community Website. InsideEagleSprings is a private community network. Information about our HOA, Events, Activities, Clubhouse Rental, upcoming Committee Meetings, and other community information is located on our website. For full access, you must be logged in as a registered user.

New Residents will also want to come into the On-Site Management Office, during business hours, to get their Electronic Access and Pool ID Cards for access to Eagle Springs' amenities.

For more information, please contact:

Crest Management: 281-579-0761 or Bill@Crest-Management.com

On-Site Office: 281-812-8194 or Help@InsideEagleSprings.com

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Protect Your Eyes This Summer

Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other visionloss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

-The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have.

-Sunglasses need to provide 99 to 100 percent UV protection.

-Sunblock is a must, including the skin around the eyes.

-A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.

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Viruses Still Present During Summer

Many viruses are still frequent in the summer so good hygiene remains important

Some viruses present in the summer include:

-Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.

-Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.

-Adenovirus, which can cause respiratory problems.

-Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.



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S Truck Aa

12 The Talon - July 2013

Physical Symptoms could be Sign of Depression

Depression and chronic mood disorders can manifest themselves through physical symptoms

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.





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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.

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



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