

THE TALON

August 2014

Official Publication of the Eagle Springs Community Association

Volume 6, Issue 8

COMMUNITY CALENDAR

AUGUST 2014

6 Twin Villas HOA Meeting

7-8:30 pm / Valley Springs Clubhouse

8 Scrapbook Club

12 - 10 pm / Athletic Clubhouse

12 Book Club

8 pm / Athletic Clubhouse

14 NVR Meeting

7 pm / Valley Springs Clubhouse

16 Say Goodbye to Summer Movie Night

8 pm / Athletic Pool

18 Sports Committee Meeting

7 pm / Valley Springs Clubhouse

19 Pool Committee Meeting

7 pm / Valley Springs Clubhouse



Say Goodbye to Summer Movie

Can you believe summer is almost over? Join us as we say goodbye to summer with a movie at the Athletic Club pool, sponsored by Amanda Harris with Off to Neverland Travel, on August 16th. Doors open at 8 pm, and the featured movie, Rio 2, will begin at 8:30 pm. Bring your floats, favorite chairs, and an appetite for free popcorn and drinks!

August 16th
Doors open at 8 pm

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 Clubhouse Rental..... Help@InsideEagleSprings.com
 ActivitiesActivities@InsideEagleSprings.com
 Website Administrator..... Help@InsideEagleSprings.com
 Newsletter Help@InsideEagleSprings.com

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THE KIDS TRIATHLON IS COMING!



The annual Eagle Springs Kids Triathlon is coming up on September 20, 2014. If you're interested in participating please visit www.INSIDEEAGLESprings.com for details and registration. Children between the ages of 5 and 15 are allowed to participate. Distances differ by age group. Space is limited so we encourage you to sign up early.

If you would like to volunteer or donate to this event, please email KidsTri@InsideEagleSprings.com

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August is buzzing with activity as families finish up end of summer vacations and get ready for another school year. The review process of applications for three (3) \$1,000 Rebekah Snipp Scholarships has been completed. Each year, the number of applications we receive increases. Mark and I are excited to announce the following 2014 seniors have been selected to receive a \$1000 Rebekah Snipp Scholarship to be used towards college expenses in the 2014 Fall semester. We are truly blessed and always look forward to announcing the scholarship winners each year.

Scholarship winner Kiana Washington from Humble High
Scholarship winner Madison Terrier from Summercreek High
Scholarship winner Maryam Wasi from Humble High

The market remains strong around the greater Houston area. Northeast Houston continues to grow as several new neighborhoods prepare to open in the fall of 2014 along the West Lake Houston Corridor. Many builders have been providing me details on these new areas, which include pricing, incentives, and plans. It is a great time to research the upcoming areas to see if any of the new neighborhoods fit your requirements. Getting in on the ground floor of a new subdivision has many advantages. Eagle Springs also has more than 50 homes ready for quick move in. With the strong seller market, it's a great time to list your home and take advantage of many opportunities for your next home. I welcome the opportunity to put a plan of action together for you on next steps to obtain your future home.

August is a time when closets get cleaned out as the wardrobe changes for the school year. Below is information on Society of St. Stephen. This organization collects gently used clothes, jackets and shoes. What a great way to help others in their time of need as you reorganize and prepare for the new school year. <http://www.kingwoodumc.org/soss>

HOW CAN YOU HELP?

- **DONATE!** SOSS always need gently used clothing, linens and small household items and please use your Kroger share card and Randall's Good Neighbor cards.
- **VOLUNTEER!** SOSS have a wide variety of places to help, working with clients or working behind the scenes, on a regular basis or on seasonal projects, and flexible scheduling from a couple of hours a month to more.
- **GIVE!** Financial contributions can be mailed directly to SOSS or designated to SOSS and dropped in the collection plate at Kingwood United Methodist Church. Society of St. Stephen is a 501c3 agency.

Building clients for life, while giving back to the community I service has always been important. Thank you for allowing me the opportunity to earn your business, which in turn helps out others in the community. Enjoy the last few weeks of summer and make some awesome memories.

Rebekah Snipp

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P.S. Don't forget to ask about the free local move offer I provide to my clients.

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FOURTH OF JULY EVENT = TONS OF FUN!

On the morning of the 4th of July, families gathered to parade to the Valley Springs Clubhouse, accompanied by the AVFD ambulance and fire truck. Waiting for everyone was a game truck, water slide, bounce house, and perhaps the hit of the day, a foam pit! Kids of every age enjoyed sudsing up and then taking a ride down the 18 foot water slide.

Kona Ice and Tacos Flores were on hand to provide much needed refreshments, while TMAC Sounds provided music for the masses. Kids participated in crafts and had a blast on the Splash Pad.

An enormous THANK YOU to Bea Hearren and Nancy Njoroge who selflessly gave their time that morning to make sure everything ran smoothly. Your time with our children is much appreciated!



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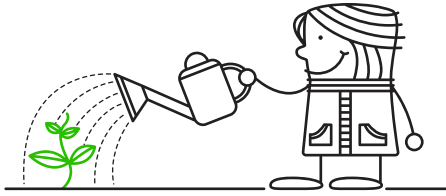


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LANDSCAPE COMMITTEE

It's getting Hot! Hot! Hot!

Things are starting to heat up here in Houston – including your plants, trees, and yards. We suggest watering in the morning before 7 am. This will prevent scorching in your yard and will help conserve water!

The committee is also taking improvement suggestions for areas in the Eagle Springs community. You can send them to Landscape.Committee@InsideEagleSprings.com.

There is not a scheduled committee meeting in August, the next one will be September 22nd. We are always looking for more participants; we hope to see you there!

SAVE THE DATE!



Our biannual garage sale is September 6th from 8 am to noon. Watch InsideEagleSprings.com for registration to put your address on the maps for distribution, if desired.

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BUYER DEMAND HOT – COOLER DAYS AHEAD

Real Estate is HOT, no question about it. With the housing market exceeding forecasts it's hard to imagine things slowing down. Historical trends however provide evidence that the housing market will slow come September. Many factors can influence this trend from year to year. The one factor that never goes away is "Back to School". Most families moving into, or out of an area will make their move prior to the new school year, doing everything they can to minimize the disruption in their kids' social life.

In what was a historic year for Real Estate, 2013 provided evidence of this "slowing" in the market. In residential resale we saw 19% fewer home sales in September vs August of that same year. We also saw homes were on the market almost 10% longer in

September vs August. 2012 was also a great year for Real Estate and it provided another similar and more dramatic trend; 30% fewer home sales in September vs. August.

WHAT TO DO

If you're happy where you're at sit tight and enjoy the house that has become your home. If you're considering a move, take advantage of not only a great Real Estate market, but a great month to move in. August provides more opportunities for both buyers and sellers. If you are considering a move look no further and contact the Tracy Montgomery Team. Our team of professionals are sure to provide you with an unmatched experience and customer service.

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Taking Care of Our Sports Complex

Baseball, soccer, football, softball, Frisbee golf, lacrosse... you name it, our residents play it! Isn't it wonderful that we have such an awesome amenity in our Sports Complex? It is definitely one of our top selling points and something that sets us apart from other local communities.

However, we must say that in recent years as our community has grown, this amenity has really not been well cared for by its users. From vandalism to trash to improper use, this pleasant little corner of our community has started to become more of an eye sore and almost unusable.

How can you help? There are some simple logical rules to follow that can be summed up with a single statement – treat our Sports Complex like it exists in your own front yard and make sure that anyone around you does the same. Pick up trash, yours and others'. Don't do things that would damage equipment, like hitting balls into fences, climbing soccer goals, or using wheeled equipment on the tennis court. Pick up after pets. Only use the fields for large groups with permission and pre-scheduling. Don't use the fields when wet. Avoid areas of the fields that are damaged, missing grass, etc. to allow them time to establish new growth. Rake baselines after use.

If you are part of the groups currently using the fields for large soccer games or baseball/softball without reservations,

please contact the Sports Field Committee to make your usage "official" and so that we can track inappropriate usage and know who to contact when the fields are closed for improvements and treatments. If we don't allow our fields to rest and to allow treatments time to work, our amenity will continue to be degraded.

Thank you for helping to keep our community looking good and providing a great place to live and have fun.

Did you know?

- We have a Sports Field Committee of volunteer residents that help monitor the fields, distribute usage times, and work in the area?
- Regular team use of the fields must be approved by our committee?
- We have been raising funds to help improve the fields, purchase grooming and sporting equipment, and our ultimate goal is to one day provide lighting?
- We can and should ask groups using the field if they have reserved the field, if there are actual residents present to speak with?
- We can and should report vandalism, inappropriate use, abuse, fireworks, etc.

Sports Field Committee Update

The Fall Field Draft will take place at the SFC meeting on Monday, August 18th at 7 pm at the Valley Springs Clubhouse. Watch for an eblast with details coming soon. Information will also be posted on InsideEagleSprings.com.

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FROM THE ATASCOCITA VOLUNTEER FIRE DEPARTMENT

The AVFD could not supply the current high level of service to our community without the service of our volunteers who serve without pay! We are in critical need of new firefighters and now have a new Training center to assist in the overall process of bring new people into the department. The next class starts soon (September 15th, 6:30pm at the Training Center)... so please do not delay! Place the attached in your newsletters, talk to a neighbor... all it takes is a little effort to start someone on a great path to community service! Many of our new volunteer firefighters have gone on to start a career in the fire service!

Requirements are simple...

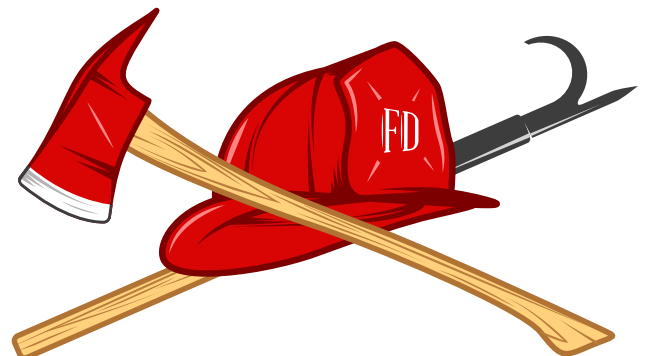
- Minimum 16 years of age (Must be passing in school, "No Pass, No Play")
- Maximum age - UNLIMITED (30, 40, even 50 years old and UP... WE WANT YOU!)
- Must have no criminal record.
- Complete the application.... at 18425 Timber Forest Dr. (ADMIN Building and Training Center - between FM 1960 and Atascocita Road)

We'll do the rest!

Classes on Monday and Thursday nights and every other Saturday September thru April!

Thank you for your assistance!

Email: fire@avfd.com



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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A Focus on Heat Emergencies

Healthy Tips to Stay Cool in Extremely Hot Weather

By Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity: Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen

Heat Exhaustion

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease



What to do in heat emergencies...

First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

(Continued on Page 14)

FACT:

Studies show that children who spend time in the garden develop a love for fruits and vegetables.



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Heat Emergencies (Continued from Page 12)

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.
- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before,

during, and after physical activity.

- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References:

Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.

DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



The Modern Game: The Backhand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Backhand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Kaylen Combs, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Kaylen is coached by the Director of the Tennis Academy, Darin Pleasant, who is showing her the proper point of contact on step 2. Kaylen plays with her left hand.

Step 1: The Back Swing: When Kaylen sees the opportunity, she makes a quick turn of her upper body and takes the racket high and back. The head of the racket is now at shoulder height, her shoulders are turned, the right hand gripping the racket and her left

hand relaxed. Her weight is on the front foot as her momentum carries her forward to attack the ball. Her right wrist is “laid back” to allow maximum point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Kaylyn started the swing high and “looped” it to allow the head of the racket to drop down. She will be brushing around the outside of the ball as she makes contact with it. Her left shoulder is almost opening and her weight has is moving through the shot.

Step 3: The Follow Through: In order to get maximum control and power, Kaylen is keeping her right arm extended through the shot. She has “snapped” her right wrist and has the head of the racket facing down. Her weight is going forward.

Step 4: The Finish: Kaylen’s upper body acceleration forced the head of the racket to “wrap around” her left ear, thus creating the most power and topspin on the ball. Her legs are already in position to move forward the net for a volley. Her right foot should naturally move forward due to her momentum and racket speed. From her looks, she apparently hit a very wide cross court approach shot for a defensive return.

Step 5: The Volley Winner: Once Kaylen hit, she moved to the net for a “winner”. By the smile on her face, her backhand approach shot was successful and she won the point with a backhand volley.

Look in the next Newsletter for: “The Modern Game: The Swinging Forehand Approach Shot”

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