# THE TALON

August 2015

Official Publication of the Eagle Springs Community Association

Volume 7, Issue 8



#### August 15th Athletic Pool Doors open at 8 pm

#### Sponsored by:



#### Free popcorn courtesy of:



COMMUNITY CALENDAR
AUGUST
2015

5	<b></b>
11	
	8 pm/ Eagle Springs Clubhouse
13	NVR Meeting
	7 pm / Valley Springs Clubhouse
14	Scrapbook Club
	12 – 10 pm / Eagle Springs Clubhouse
15	Say Goodbye to Summer Movie Night
	8 pm/ Athletic Pool
17	Sports Committee Meeting
	7 pm / Valley Springs Clubhouse
18	Pool Committee Meeting
	7 pm / Valley Springs Clubhouse

#### **ONSITE OFFICE HOURS**

Regular hours are in effect starting March 2nd. Onsite Office hours are: Mondays 1-6 pm | Wednesdays 3-8 pm | Saturdays 9-1 pm

#### 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	

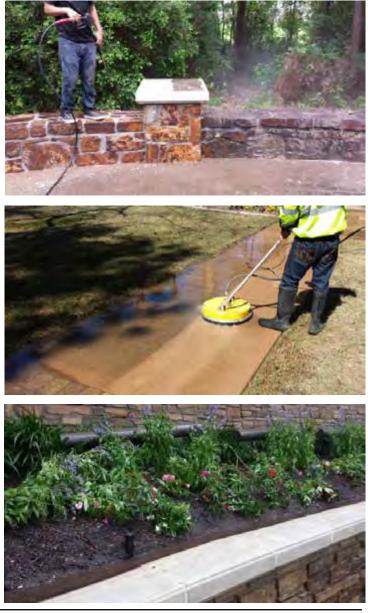
#### **NEWSLETTER PUBLISHER**

Peel, Inc.	
Advertising	advertising@PEELinc.com

# DID YOU KNOW?

Dogs and other pets are not allowed at community events, unless they are a service animal. This is to ensure the safety of all of our residents. Plus, some of our young residents are afraid of dogs, and we want all of our residents to be able to participate in our events.

Our monuments are getting a good cleaning! All of the section entrance monuments, amenities, and other concrete fixtures are in the process of being power washed.





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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!

# **Back To School!**

August is back to school month so please remember the school zones and those flashing lights that we got used to ignoring over the summer. Eagle Springs is almost built out and approaching 4000 homes bringing more traffic, stop lights and stop signs with it. Please be alert for our children that may be walking to school, at bus stops, or just crossing the street. Thank you for your vigilance.

Buyer traffic always slows down around this time of year as parents are busy getting their kids ready for school and acclimated to their new grade and classroom. If you are thinking of selling, please give me a call after you have your children all set in school and I will be happy to discuss my proven marketing plan with you. Beginning the process sooner allows us to set up a plan of action for your home and gives you the homeowner time to get your home ready for the market. Remember, I offer two free hours with a Professional Stager to aid in getting your home showroom ready! Having your home properly staged helps the homeowners compete with new construction that has all their models professionally staged. With new neighborhoods opening up in Atascocita, staging becomes all the more important.

Many of you know me in the neighborhood as I have sold you a new home or I listed your home for sale, or both. I have watched your kids grow up and helped you upsize your home then downsize your home as your young adult kids moved off to college. I thank each and every one for your continued trust in me. For those that are new in the neighborhood that do not know me, I say welcome to Eagle Springs. Over the years I have become #1 in new home sales as well as being #1 in resale homes in Eagle Springs. My main focus is this neighborhood, helping people move in, helping those that move from one section of Eagle Springs to another, and I am there to help those that are ready to move to another part of Houston or even to another state or country. I am very experienced with all Relocation Companies and would be happy to help you with any relocation move. If you want me for relocation, remember to request me to your Relocation Company!

I am a full service Realtor that gives full service. Come and experience the Rebekah Snipp difference!

Rebekah Snipp Real Estate Consultant

*P.S.* Don't forget to ask about the Free Local Move I provide my clients. Some restrictions apply.

Rebekah Snipp, Realtor, ABR, SRES Direct: 832-814-6120 rebekah@rebekahsnipp.com

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

Website: rebekahsnipp.com





## Introducing OUR NEW BOARD MEMBERS

We would like to introduce our two newest Board members, Kyle Kelley and Christina Kimble, who were elected by the Neighborhood Voting Representatives at the Annual Meeting in June. Kyle has been a resident since 2006 and earned a Bachelor of Science degree in Recreation, Parks and Tourism Sciences from Texas A & M University's Department of Agriculture. His education and work experience will bring beneficial skills to the Association and Board. Christina moved to Eagle Springs in 2014 and immediately volunteered to serve on the Landscape Committee and as a Neighborhood Voting Representative. She has a Business Degree from Pace University and earned a CMCA (Certified Manager of Community Associations) designation from CAI - the Community Associations Institute. Her work experience in property management will be valuable asset to the community. Also, returning to the Board are Michelle Button, David LaBrot, and Cindy Keefe. David, Kyle and Christina will personally introduce themselves in future newsletter editions. We welcome Kyle and Christina to our team and look forward to working with them.

### Thank You Nancy Boles!

We would like to thank Nancy Boles for her service as a Board member of the Eagle Springs Community Association. Due to a busy personal schedule, Nancy reluctantly decided not to run for reelection at the Annual Meeting in June. Nancy has been a resident of Eagle Springs for 4 years and prior to being elected to the Board she served as both an Alternate and Neighborhood Voting Representative for her neighborhood. In addition, she has been an active member of the Pool Committee serving as the Treasurer and spending countless hours volunteering for pool card distribution. Nancy also volunteered for Casino Night and participated in many community events, truly embodying a commitment to her community.

Nancy's has a great love for the community and took her job as a Board member very seriously. Whether it was big issues such as the renovations of the Eagle Springs Clubhouse and Fitness Center or a small matter such as replacement of a tree in a homeowner's front yard she weighed each decision carefully and fairly. Although no longer serving as a Board member we expect to see Nancy at the community social events, the pools or walking her dogs along the greenbelts.

The Board of Directors and Crest Management would like to thank Nancy for her hard work, dedication and efforts over the past year. It has been a pleasure serving and working with her.



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# The Kids Triathlon is coming!

The annual Eagle Springs Kids Triathlon is coming up on September 19, 2015. Registration is open and details are available at www.InsideEagleSprings.com. 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.

This is our 5th annual event and sure to be a great celebration – with 200 children anticipated.

Volunteers are needed for many things including handing out packets the week before the event, early morning setup prior to the event, setting up the pool and transition area the day before, ensuring kids have their helmets on before they bike, helping direct children to stay on the route, helping children who need some extra encouragement, directing car traffic away from our children, ensuring safety of children on jump houses, helping tie shoes for youngest children, telling kids when it is their turn to start the swim, or helping collect timing chips at the finish line ...... we need YOU! Email kidstri@insideeaglesprings.com if you can help.

We are still looking for sponsors and door prizes. If you own or know a business that is willing to sponsor the event or can donate a door prize, please contact us at kidstri@insideeaglesprings.com

# Fitness Center Opens to Rave Reviews



Early June marked the opening of our new and improved Fitness Center, with expanded facilities and all new equipment. The Athletic Clubhouse was renovated to house weight equipment, while the pre-existing Fitness Center doubled its cardio equipment.

Please remember that the Fitness Center hours are 4 am to 11 pm. All residents must be out of the facility no later than 11 pm. Additionally, all residents using the Fitness Center must be

at least 18 years of age, regardless of a parent accompanying a minor. NO EXCEPTIONS. If you see a violation of the age requirement, please call Crest Management at 281-579-0761. The facilities are video monitored 24/7.

# 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 sponsored by Magically Ever After Travel, on August 15th. Free popcorn courtesy of The Stickle Team with JLA Realty. Doors open at 8 pm and the movie will begin at 8:30 pm. Bring your floats, favorite chairs, and an appetite for free popcorn and drinks! Watch InsideEagleSprings.com for the featured movie announcement!

#### August = Back to School and a Shift in Real Estate

August 24th is around the corner and marks the return to school for our students attending Humble ISD. The kids are almost to the point where they recognize school is not so bad and the parents are certainly ready to stop hearing "I'm so bored!". That's right, "Back to School" is here. August marks the conclusion of family vacations and the beginning of a shopping frenzy for supplies and clothing. Friday nights will certainly be different as stadiums are filled with football, cheerleaders, bands, students, and supporting parents and friends. It's really a great time of year.

The routines we've grown accustomed to over the summer months are about to be disrupted. For many the back to school season can serve as an opportunity to renew your 2015 goals. Dump some of the "bad habits" you've picked up over the summer and start some positive new routines. One of my favorite things to do is to share a light breakfast or lunch with girlfriends. Something I just can't seem to do during the summer months with the kids at home.

Despite economist's predictions of a pending downward market, Real Estate continues to thrive in Northeast Houston. Housing demand remains high and this has resulted in strong resale pricing. We have seen a bit of slowing however with housing "days on market." This has resulted in home prices leveling off a bit. With school around the corner we anticipate this trend will continue. Fortunately, families continue to be drawn to Northeast Houston's best in state schools and entertainment opportunities.

If you're in the market to buy or sell your home, look no further than my team, The Tracy Montgomery Team. As the market shifts it is more important than ever that you have the right Realtor representing you. My team and I continue to lead the market in home sales. Of equal importance, we will ensure you have an unmatched customer service experience.

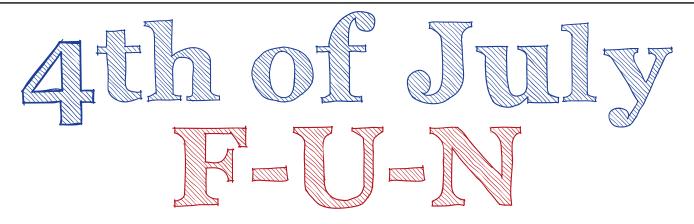
-- Tracy Montgomery



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Beautiful sunny skies, warm weather, and eager participants kicked off our annual 4th of July parade and party. Kids both young and old decorated bikes, wagons, and themselves to make the half mile march down to the Valley Springs Clubhouse and Splash Pad. Two giant waterslides, a foam pit, rides and more awaited anxious kids. Kona Ice served up cool refreshments while arts and crafts were glued and painted on the back patio.

An enormous thanks to both Michelle Button and Michelle Dueitt, who sacrificed their 4th of July morning to help assist kids on the slides. These two ladies always go above and beyond for their community and this event was no exception. THANK YOU!









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EXPERIENCE, EXPERIENCE, EXPERIENCE...I can help you realize your dreams. With 34 years in the real estate industry, I have the experience you need to guide you during your home buying or selling process. My team and I are ready to service your needs from start to finish.

TEAM WORK...Whoever said "Many hands make light work" really understood a team work concept. Each member of my team (including you) will have specific duties towards our common goal to ensure the strength and endurance needed to get this transaction closed.



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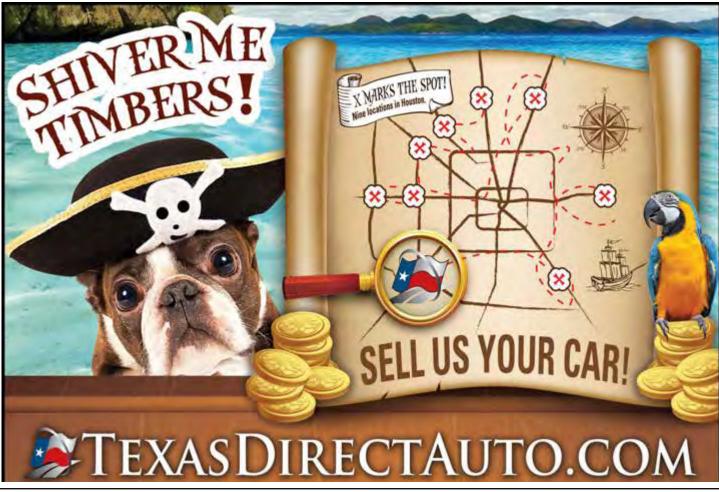


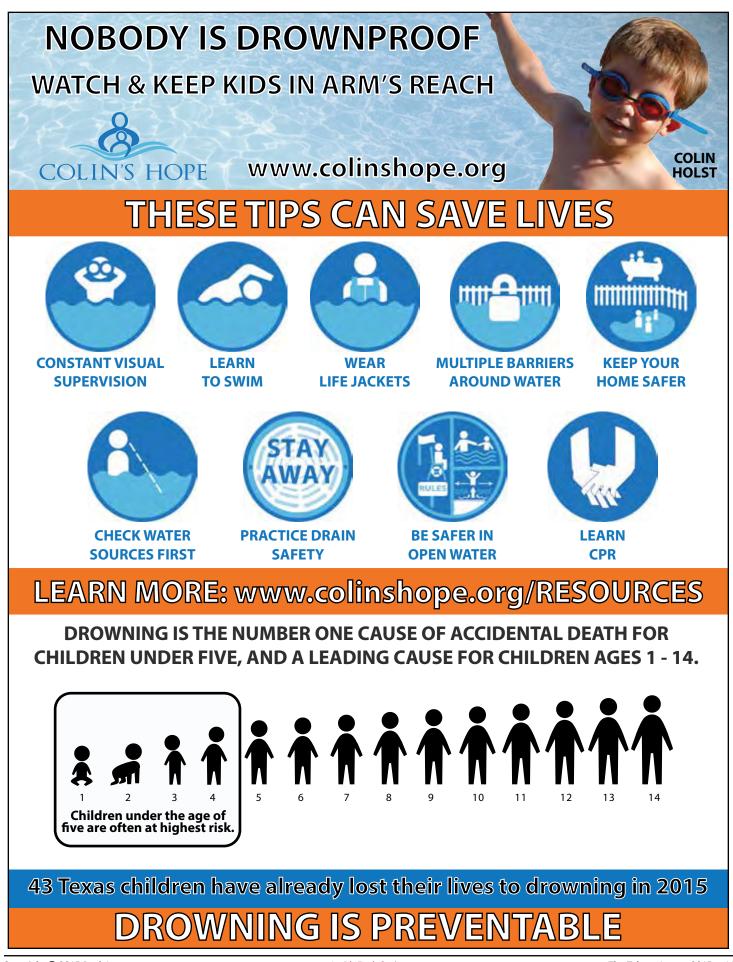
# SAVE THE DATE-GARAGE SALE

Our annual fall garage sale is coming on Saturday, September 12th, from 8 am to noon. Mark your calendars!

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			7		3		4			

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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# WELCOMING THE WORLD TO OUR TOWN

Throughout the month of August, neighbors in our area will be welcoming a new member into their families. They have chosen to open their hearts and their homes to an International Exchange Student. These courageous, dedicated and talented high school students leave their countries and their homes to fulfill one of their lifelong dreams of spending a year as an American teenager.

Bring the World Home

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Teach a student about American values and traditions

Change the course of a student's life Increase cultural awareness in your community

#### Make a Difference

If your family enjoys exploring new cultures and nurturing youth, please contact us to request more information about this amazing opportunity to share your life with a special young person and to learn how you can make a difference. The application process for the 2016/2017 school year will start in October – it is recommended to start now as available schools spots fill up early.

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Ayusa is a non-profit organization founded in 1981 to promote global learning and leadership through foreign exchange, study abroad, and leadership programs for high school students from the U.S. and around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

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1	2	3		4	5	6	7	8	9
10	+	1	-	11	1		1	+	+
12	1	+	-	15	1		1	+	+
14		1	15		1		16	1	+
17	1	+	1		18	19			
			20	21		22	23	24	25
26	27	28		29	30		1		1
31	+	+	32		1		33	+	+
34	-	+	-	-	-	-	35	-	+
36	+	+	-	+	-		37	+	-

#### ACROSS

ACROSS	DOWN
1. What's owed	1. Formal statement
4. Beats it!	2. Remove pins from
10. Hotel	3. Playact
11. Flower child	4. Popular stadium
12. Certified public accountant	5. Approximate date
13. White fur	6. Revolutions per minute
14. Breath mint	7. Capital of Western Samoa
16. Rescue	8. Short
17. Opposed	9. Origination
18. Scottish "one"	15. Lean
20. Acidity	19. Stretch to make do
22. Corn syrup brand	21. Large eastern religion
26. Insane	23. Before
29. Angry	24. Hot sandwich
31. Relating to horses	25Oyl (Popeye's girlfriend)
33. Kimono sash	26. Soften cheese
34. National capital	27. Greenish blue
35. Reverend (abbr.)	28. Twofold
36. Bath powder	30. Stack of paper
37. East northeast	32. Business abbr.

DOWN

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#### THE DEDICATED RUNNER

Submitted by Steve Bernhardt

The heat is officially on in Central Texas, for the foreseeable future no matter the time of day it will be hot and often humid during our runs. Does this mean it's time to slow down, not run as often, or simply head indoors to the gym to run? If you are a dedicated runner none of these options sounds appealing. Fortunately none of them are necessary either if we take our time to understand how to acclimatize to the higher temperatures and take the necessary measures to run safely and comfortably under the bright Texas sun.

First, it takes our bodies about 7-10 days to begin to make the physiological adjustments needed to adapt to strenuous activity in the heat. Research has shown we can become fully acclimatized in 14-days based on spending at least one hour a day in the heat. During this time our blood plasma volume increases, sodium levels concentrate, and our core body temperature decreases. Keep in mind fitter runners usually adapt quicker, as well as younger runners often do better in the heat than older runners.

Next, dress properly to maximize evaporative heat loss. Wear clothing designed for running that does not hold moisture in the fabric (hydrophobic) and encourages evaporation. Our bodies cool as the heat is pulled away from us in our evaporating sweat. Avoid running in cotton as it holds the moisture in the fabric and makes wide scale evaporation nearly impossible. Running in a soaking wet cotton t-shirt is not cooling, it's basting. Also, don't forget a breathable hat to keep the sun off your head and sunglasses to fight off the negative effects of UV sunlight on your eyes.

Lastly, our sweat rate increases as our bodies adapt to the stress of running in higher temperatures, because of this we need to replenish our fluids in order to maintain our effort and vital bodily functions. Water is ok for shorter duration runs (30 minutes or less) but for longer efforts we need to add some electrolytes like sodium chloride, magnesium, and potassium. There are many well designed hydration products available that are tasty and effective, as well as several different ways to carry fluids while on your runs like a hand-held water bottle or waist belt. If you are worried about the comfort of carrying a bottle while running, trust me after a few days you'll hardly notice it and grow thankful for having it with you.

Just because it's hot and humid doesn't mean we have to stop doing what we love to do, run. Being patient and giving our bodies time to acclimatize is critical. Wearing the right clothing to protect ourselves for the sun and encourage evaporative cooling is a must. Fluid replacement in order to maintain proper hydration is necessary to avoid heat related illness due to overheating and dehydration. With care and attention to each of these areas you'll be on your way to accomplishing your running goals no matter what the Texas summer decides to throw at us.

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