

# THE TALON

May 2016

Official Publication of the Eagle Springs Community Association

Volume 8, Issue 5

## Food Truck Friday

and

## Movie in the Park

Featuring

## The Good Dinosaur

Brought to you by



DJ MG will be spinning tunes before the movie begins

### When:

May 6th

5 pm-

Food Trucks Open

8 pm-

Movie Starts

### Where:

Eagle Springs  
Sports Complex  
and Soccer Fields

## MAY COMMUNITY CALENDAR

- 4.....Twin Villas HOA Meeting  
7-8:30 pm / Valley Springs Clubhouse
- 6.....Food Truck Friday and Movie Event  
5-10 pm/ Sports Complex and Soccer Field
- 6.....Eagle Springs Flyers Mock Meet  
4 pm/ Athletic Club Pool
- 7.....Eagle Springs Flyers Mock Meet  
8 am/ Athletic Club Pool- pool will open when meet is over
- 10.....Pool Card Processing  
6-8 pm/ Eagle Springs Clubhouse
- 10.....Book Club  
8 pm / Eagle Springs Clubhouse
- 11.....Fiber and Yarn Club  
7 pm/ Eagle Springs Clubhouse
- 12.....ESCA Board Meeting  
6 pm / Valley Springs Clubhouse
- 12.....Pool Card Processing  
6-8 pm/ Eagle Springs Clubhouse
- 13.....Scrapbook Club  
12 - 10 pm / Eagle Springs Clubhouse
- 14.....Eagle Springs Flyers Swim Meet  
7 am / Athletic Pool - pool will open at 3 pm
- 12.....ESCA Board Meeting  
6 pm / Valley Springs Clubhouse
- 16.....Sports Field Committee Meeting  
7 pm / Valley Springs Clubhouse
- 16.....Pool Card Processing  
6-9 pm/ Eagle Springs Clubhouse
- 17.....Pool Committee Meeting  
7 pm / Valley Springs Clubhouse
- 22.....Latin Festival  
11-6 pm/Sports Complex and Soccer Fields
- 24.....Landscape Committee Meeting  
7 pm / Valley Springs Clubhouse
- 25.....Fiber and Yarn Club  
7 pm/ Eagle Springs Clubhouse
- 26.....Safety Advisory Committee Meeting  
7 pm/ Valley Springs Clubhouse
- 28.....Eagle Springs Flyer Swim Meet  
7 am / Athletic Pool - pool will open at 3 pm
- 30.....Splash into Summer Party  
10 am - 1 pm/ Athletic Club and Island Club Pools

## 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

The Onsite Office is located at 12520 Will Clayton Parkway

Splash Into Summer  
Memorial Day, May 30th  
10 am- 1 pm  
Athletic and Island Club Pools  
Games, Prizes, Concessions  
and Music!

## COMMUNITY CONTACT INFORMATION

### EAGLE SPRINGS COMMUNITY ASSOCIATION

**Board of Directors** ..... AsktheBoard@InsideEagleSprings.com  
**Crest Management Co.** ..... 281-579-0761  
 Community Manager..... Bill.Higgins@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 Emergency** ..... 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

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* ..... 713-659-2111  
 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

Humble ISD ..... 281-641-1000  
     *Website* ..... www.humble.k12.tx.us  
 Eagle Springs Elementary ..... 281-641-3100  
 Atascocita Springs Elementary..... 281-641-3600  
 Timberwood Middle School..... 281-641-3803  
 Atascocita High School ..... 281-641-7500

### NEWSLETTER PUBLISHER

Peel, Inc. .... 888-687-6444  
 Advertising..... advertising@PEELinc.com

## Board of Directors Election Announcement

Nominations are currently being accepted for three (3) director positions to the Eagle Springs Community Association, Inc. Board of Directors. Three (3) directors shall be elected for a term of two (2) years. The election will take place at the Association's Annual Meeting to be held on Thursday June 9, 2016 at 7:00 PM in the Valley Springs Clubhouse, 13555 Valley Lodge Pkwy, Humble TX 77346. Registration will begin at 6:30 PM.

If you are interested in being nominated, please submit a brief biography, along with your contact information, to Bill Higgins at Crest Management (bill.higgins@crest-management.com) no later than Thursday May 26, 2016.

The Board of Directors is responsible for the governance of the Association. They conduct the business of the Association and direct the efforts of the management company and other association vendors. The Board of Directors meets every month, typically on the second Thursday. Board members may also occasionally meet with the Neighborhood Voting Representatives or Committees.

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## MAY EVENTS

The month of May is filled with several special days and events beginning on May 8th with Mother's Day. Many of us have a special mom in our lives. Mom's come in many forms such as biological moms, step moms, mother in laws, people that are just like moms, all with the same thing in common, they care. Moms are the ones that are always there to cheer us on throughout our lives. They are the wind beneath our wings, helping us soar to new heights, picking us up when we are down or cheering us along on the home stretch. Many mothers are strong prayer warriors always asking for the Lord's will to be done in our lives. On May 8th, deliver a hand written note to that special lady with a special memory you have of her, it will make her day!

May 30 is another very important date, Memorial Day. It's a special time when we remember those that paid the ultimate price for defending freedom both in our country and abroad. Those that we honor on Memorial Day gave their lives to protect our freedom. My son is a Veteran of the US Army and did a tour of duty in Iraq. I am thankful that he made it home, but I am reminded of several of his army buddies that did not return. On this special day, my heart goes out to those that have lost love ones in the military over the years. May the memories of your loved one help you through this special day. A sincere Thank You to all military families.

Many graduations take place throughout May. There will be kindergarten graduation, high school graduation, college graduations and others in between. Each one is a special milestone. As you finish a milestone and head into the next one, cherish the moment of your accomplishment. May each of you have continued success as you embark on a new journey after graduation.

May is a month that buzzes with activity as people move into their new homes. If you have been considering selling, now may be a good time. Give me a call to schedule a time to visit in person about putting together a plan of action for your home and future.

Whether looking for a new home for mom, a bigger place for the growing family, downsizing now that the kids have graduated and moved on, lakefront property for your new boat, a townhouse or patio home for those on the go, or a backyard oasis with sparkling pool/spa and outdoor entertaining area, let's find the dream home for you.

From first time home buyer programs to VA loans for veterans and military personnel ready to settle down and call our area home, to jumbo loan products for high net worth buyers, our mortgage partners have the right program for you.

Call or text Rebekah today, 832-814-6120 to get the ball rolling on your home ownership plans. Don't forget to ask about the Free Local Move offer, as some restrictions apply.

Thank you for trusting me to be your Realtor.  
Rebekah Snipp

**Rebekah Snipp,**

**Realtor, ABR,**

**Direct: 832-814-6120**

**rebekah@rebekahsnipp.com**

**Mark Snipp**

**Broker, GRI**

**Direct: 832-859-9113**

Website:

**rebekahsnipp.com**





## EAGLE SPRINGS

### EAGLE SPRINGS IS...

# NOW hiring!

Eagle Springs Community Association is hiring an On-Site Office Coordinator. This is a contract, part-time position that is responsible for working office hours at the on-site office at the Eagle Springs Clubhouse. The On-Site Office Coordinator will serve Eagle Spring's residents by assisting with clubhouse reservations, access card distribution, pool ID card distribution, and answering general inquiries. Hours vary from 10 to 15 hours per week and weekend work is required. The successful candidate will have excellent customer service skills, be organized, and excellent communication skills. Some level of administrative experience is required. If you are interested please contact Dana Mohler at Crest Management Company, 281 945 4643 or [dana.mohler@crest-management.com](mailto:dana.mohler@crest-management.com).

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## How does our community work?

How are decisions made regarding our community? Who is tasked with making these decisions? With the upcoming Board of Directors election, we'd like to take a minute to educate residents on how our community is run.

What is a homeowner's association? A home owner's association (HOA) is defined as "An organization of homeowners of a particular subdivision, condominium or planned unit development. The purpose of a home owners association is to provide a common basis for preserving maintaining and enhancing their homes and property. Most homeowners' associations are non-profit corporations. The associations provide services, regulate activities, levy assessments, and impose fines. Each member of the Eagle Springs Community Association pays assessments. Those assessments or dues are used to pay for expenses that arise from having and maintaining common property." What does this mean? If you own a home in Eagle Springs, you are a member of the HOA!

What is the HOA Board of Directors? The Board of Directors consists of 5 people, all of whom are volunteers and residents in the community. Board members are voted in by Neighborhood Voting Representatives and are in charge of making decisions regarding the budget, the landscaping and amenities within Eagle Springs, and enforcing the deed restrictions. The Board is in charge of a budget in excess of 3 million dollars. This is why it is so critical for residents to vote for your Neighborhood Voting Representative!

So what is a Neighborhood Voting Representative (NVR) and why do we have them? Due to the number of homes to be developed in Eagle Springs, the Governing Documents provide for a representative system of voting. The primary role of the Neighborhood Voting Representative is to cast all votes attributable to Units in the Neighborhood for election of directors, amending the Declaration or By-Laws, and all other matters provided for in the Declaration and By-Laws that would require a membership vote. Additionally, the NVR's and their Alternates are encouraged to attend the meetings of the Board of Directors. The NVR's play a vital role in the governance of the community, not only by representing their neighborhood in elections and votes, but also by being a voice to the Management Company and Board of Directors at the meetings.

So then what is the management company and what does it do? The management company is hired by the HOA to carry out the day-to-day business of the community. The management company finds bids for contracts, follows up on maintenance issues, and collects dues. The management company does not make decisions regarding budget, deed restrictions, etc.

All Board Meetings, agendas, minutes of past meetings and NVR contact information can be found on [InsideEagleSprings.com](http://InsideEagleSprings.com). Also, if you have a question regarding our community, you can "Ask the Board" via the website as well.

# Inaugural Food Truck Friday and Concert an Overwhelming Success

On April 1st, residents came out in droves to participate in our very first Food Truck Friday and Concert Event, sponsored by The Ginger Salas Team, Red Door Realty and Associates and Homelove Renovations, LLC. The food truck lines were long, but spirits were high as Danny Ray and the Acoustic Production put on a stellar performance and our youngest residents danced the evening away.

HUGE thank you to The Ginger Salas Team with Red Door Realty and Associates and Homelove Renovations for sponsoring this event! Our next concert night is August 19th. Be sure to come out to our next Food Truck Friday on May 6th beginning at 5 pm, where the move The Good Dinosaur will be featured at 8 pm, brought to you by Magically Ever After Travel.



## See Ya Next Time!



# We're A Blooming!

If you haven't noticed by now our beautiful community is in full bloom. This fall and winter the HOA board along with the help of the Landscape Committee approved to have 15 entrances and/or parks freshened up. Some of the entrances that received a facelift were; Aspen Glen, Newfield Park, Hawthorne Ridge, Biscayne Bend, Arlington Park and Princeton Park. These parks received a much needed restoration as they had several bare areas or empty flower beds; Aspen Glen Pond, Arbor Heights, Cades Crossing, Biscayne Bend and Eagle Statue Park. The bare Azalea beds along Will Clayton received over 80 new Azalea bushes that once fully matured will be beautiful to see. Below is a before and after photos of a couple of our parks. We hope that you will enjoy these areas. The Landscape Committee will continue to pinpoint areas that need some TLC, however if you see something let them know at [landscape.committee@insideeaglesprings.com](mailto:landscape.committee@insideeaglesprings.com). Our next meeting is 5/24 7pm Valley Lodge Clubhouse.





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# HAPPY MOTHERS DAY!

In celebration of Mothers Day.....

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So how do you win? Just send us an email that includes your name and phone number and you will be registered for the prize... it's that easy! We will announce the winner at the end of the month and personally deliver your gift card so you can schedule your getaway at one of the most exclusive Spas in Houston.

To register, please send your information to... **tracymontgomeryteamrsvp@gmail.com**

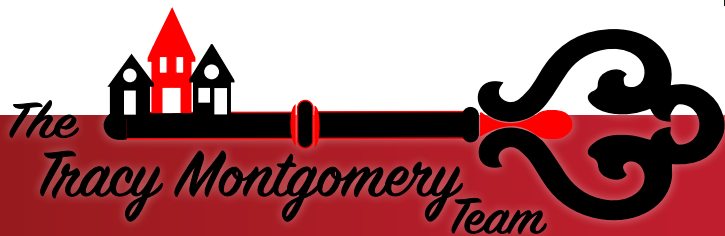
In March 2016 our team was recognized by the Houston Business Journal as the #12 team for most homes sold in 2015. Our goal is to continue our success by providing "Best-in-Class" services for clients in the Northeast Houston marketplace.

To recognize all of our clients (Past and Future) for our incredible growth and success, we will be offering a monthly prize as a gesture of our thanks for helping

us become one of the leading Real Estate Teams in the Houston area. So keep a look out for information in future newsletters!

If you are thinking of selling or buying a home please call the Tracy Montgomery Team.

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**Tracy Montgomery**  
Cell: 713.825.5905

**Sandy Brabham**  
Cell: 713.503.8110

**Lisa Hughes**  
Cell: 281.323.5894

**Melissa Nelson**  
Cell: 832.527.4989



*If you know of someone who would appreciate the level of service my Team provides, please call me with their name and business number. I'll be happy to follow up and take great care of them.*

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# EAGLE SPRINGS TENNIS TOURNAMENT

The Sports Field Committee and the Eagle Springs Tennis Program put on a kid's Play Day/ Tournament on Saturday, March 26th. It was a cool and clear morning which were perfect conditions for playing tennis. The event was a great success with 26 participants distributed between 4 divisions: 36' Court, 60' Court Division 1, 60' Court Division 2 and a Full Court Division.

The kids always step up their game when competition is on the line and everyone did great! They played a double elimination bracket which guaranteed each player to at least play two matches. The players enjoyed snacks, fruit and gatorade during the tournament in order to keep up their strength. Alyssa won the 36' Court Division. Jack won the 60' Court Division 2, with Joshua and Victoria coming a close 2nd and 3rd place. Sam won the 60' Court Division 1 tournament, with Gabriel and Nicholas coming a close 2nd and 3rd. Daniela won the Full Court Division with Kaitlyn and Hannah coming a close 2nd and 3rd place. Congratulations again to all the players.

If you want to find out information regarding the Tennis Program at Eagle Springs please log on to [www.insideeaglesprings.com](http://www.insideeaglesprings.com) and look for the Tennis Program information under the Sports Complex tab. You can also "like" the ( Mateu Tennis Academy - Eagle Springs ) FB page to get updates and find out more about Fernando Mateu, our resident USPTA Certified Tennis Professional.

*We look forward to seeing everyone on the courts soon!*

**Fernando Mateu**

**USPTA Certified Tennis Professional**  
(954) 494-8157

***fernmateu@hotmail.com***

***www.fernandomateu.usptapro.com***

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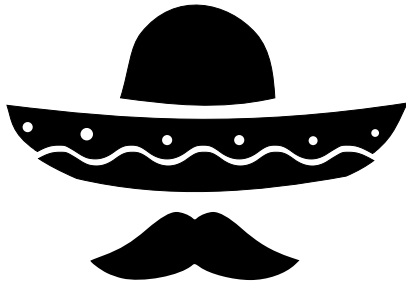


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## Latin Festival Coming!

Our Food Truck Friday was such a success, that our trucks want BACK and will be hosting a Latin Festival on May 22nd from 11-6 pm, sponsored in part by Scott's Carpet Cleaning and Pro Finish Refinishers. Come out and see Samba dancers, listen to a Latin band and DJ, and sample what 11 Below Brewery is brewing. Trucks featured will be Brazilian, Cuban and Mexican, along with Latin desserts and sno cones. Come for a couple of hours or come all day; you won't want to miss this \*first\* in Eagle Springs!

## ATASCOCITA HIGH SCHOOL BOYS BASKETBALL CAMP

June 20th-23rd

Little Dribblers K-4th Grade 9-11am \$60

Big Boys 4th-9th Grade 11:30am-5:30pm \$150

Contact: Coach David Martinez 713-448-0965 or  
david.martinez@humble.k12.tx.us



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## Eagle Springs Summer 2016

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15% sibling discount offered

**Tuesdays: 9:00-9:45am**  
**Tuesdays: 5:00-5:45pm**

**ages 2.5-3 years**  
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\*Classes will NOT meet July 4th week!

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  - 3) Scroll to the bottom of the screen to find the **Eagle Springs** block
  - 4) Click your preferred class and "Book It"
- Email Sarah at [sarah.w@teddytennis.com](mailto:sarah.w@teddytennis.com) for more information!

\*4 class minimum to participate



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# LAKE HOUSTON LADIES CLUB

## May 2016 Meeting and Luncheon Information

Lake Houston Ladies Club will have their meeting and luncheon on Tuesday, May 17, 2016 beginning at 10:00 a.m. at the Walden Country Club, 18100 Walden Forest, Humble TX 77346. The Hula Mamas will be performing their Drums of the Pacific show, an Authentic Polynesia Review. There will audience participation, so ladies get ready. This should be lots of fun, as they will bring Hawaii to us. Lake Houston Ladies Club is a social organization that welcomes new members from all surrounding areas. Several Interest groups are available which include: Readers Choice, Bridge, Bunco, Tea Time, Lunch and Look, Movie Group, Supper Club, Mah Jongg, and Girl's Night Out. Please join us. New members are always welcome. Reservations need to be made by Sunday, May 8, 2016 by 5:00 pm. For luncheon reservations go to: <http://www.lakehoustonladiesclub.com/> For more information about the club call Linda at 832-379-3009.

## 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 [ARTICLES@peelinc.com](mailto:ARTICLES@peelinc.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](http://www.PEELinc.com).



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**14201 East Sam Houston Parkway N**  
(Beltway at West Lake Houston Parkway near CVS Pharmacy)

MEMORIAL  
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ADVANCING HEALTH

## Fit and Fun: Health Tips for You and Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: [www.aahperd.com](http://www.aahperd.com).

**The Goal:** Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

[www.cdc.gov/healthyyouth/  
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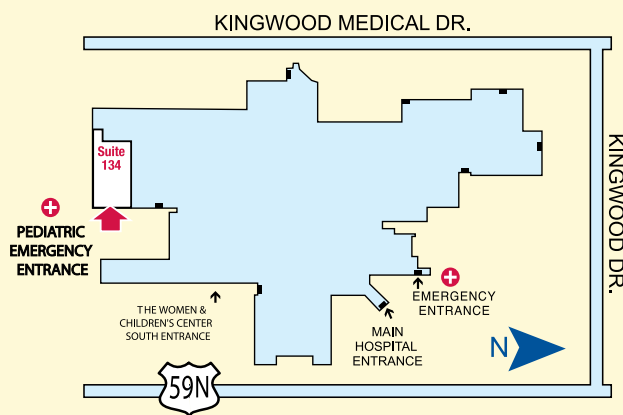


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# 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

### NUTRITIONAL PERKS

#### HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

#### BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

#### MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

#### CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

#### SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

#### SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD

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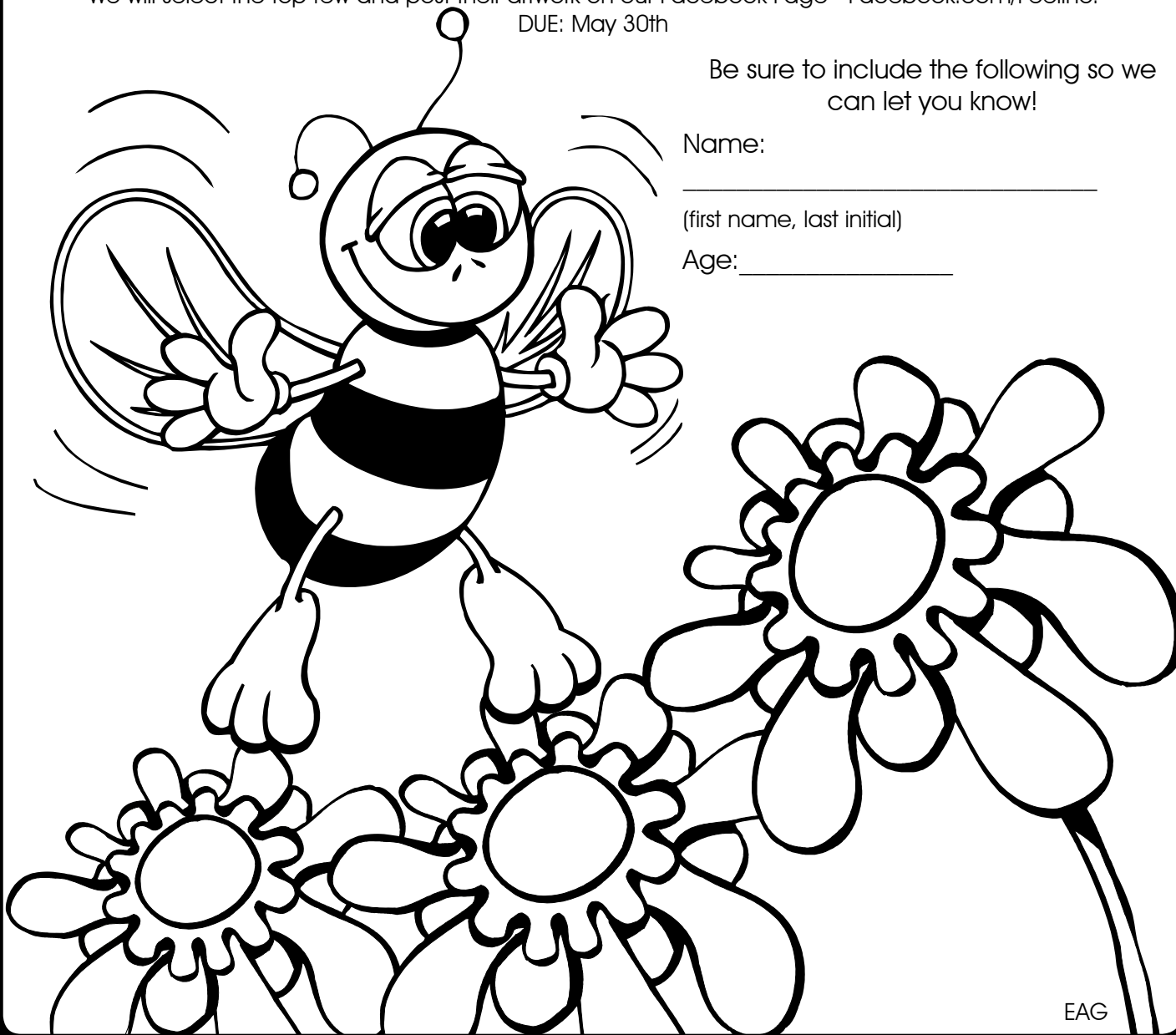
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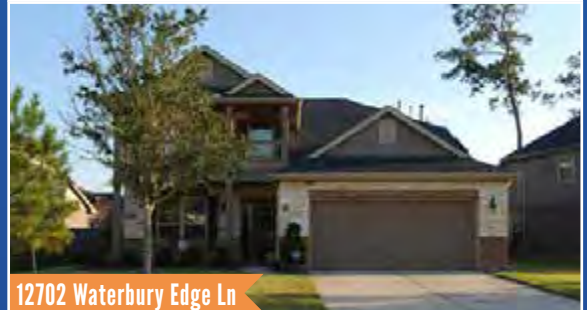


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