

August 2016

Official Publication of the Eagle Springs Community Association

Volume 8, Issue 8

Say Goodbye to Summer Movie Zootopia

August 20th Athletic Pool Doors open at 8 pm

Details Inside



August 2016

COMMUNITY CALENDAR

	Book Club 8 pm / Eagle Springs Clubhouse
	HOA Board Meeting
	6 pm / Valley Springs Clubhouse
12	Scrapbook Club
	12 - 10 pm / Eagle Springs Clubhouse
15	Sports Committee Meeting
	7 pm/ Valley Springs Clubhouse
16	Pool Committee Meeting
	7 pm/ Valley Springs Clubhouse
18	Safety Advisory Committee Meeting
	7 pm/ Valley Springs Clubhouse
	Say Goodbye to Summer Movie Night 8 pm / Athletic Pool
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ONSITE OFFICE HOURS

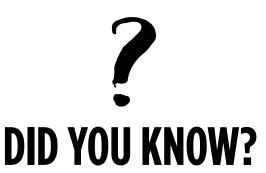
Regular hours are in effect starting March 2nd.
Onsite Office hours are
Mondays 1-6 pm | Wednesdays 3-8 pm

Saturdays 9-1 pm The Onsite Office is located at 12520 Will Clayton Parkway

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@InsideEagleSprings.com Website Administrator...... Help@InsideEagleSprings.com Newsletter......Help@InsideEagleSprings.com **EMERGENCY INFORMATION** Fire, Medical or Life Threatening Emergency 9-1-1 Humble ISD Police (Schools)......281-641-7900 Atascocita Volunteer Fire Dept (AVFD) Harris County Animal Control 281-999-3191 **UTILITIES** Electric, (multiple providers) www.powertochoose.org Power Outages713-207-7777 Gas, Centerpoint Energy......713-659-2111 24 Hour Emergency Number 281-209-2100 **TELEPHONE/TV/INTERNET PROVIDERS: SCHOOLS** Website.....www.humble.k12.tx.us Atascocita Springs Elementary......281-641-3600 **NEWSLETTER PUBLISHER**

Advertising...... advertising@PEELinc.com



WHY DO PEOPLE LOVE EAGLE SPRINGS?

The community network of neighbors helping neighbors BEST neighbors!

AWESOME community events!

Wonderful neighbors, great amenities, activities for people of all ages, feeling like we are a part of a community

Great schools for our children

Very patriotic...honors the military better than any other community

Great amenities

Trees and schools

Very kid/family friendly

Awesome events and great neighbors

Great schools

Wonderful neighbors and community

Safe community

Eagle Springs feels like home with wonderful neighbors who watch out for one another, also love our community swim team Eagle Springs Flyers

All the different parks and pools

Green space and schools

Love our schools, our community events, and the people who live here!

My neighbors, the safeness it feels here, the amenities and events offered, the sidewalks to run, ride a bike or walk on

Lakes and trails

Food Truck Friday

Sidewalks

Trees and birds and peace and quiet

The beautiful landscaping and clean neighborhood

They can find your pet!

The fields, swim team

An active community

Our schools!

People actually spend time outside, promoting a healthy lifestyle. We love that we constantly see joggers, dog walkers, strollers, kids at the park, etc.

Awesome neighbors who watch out for each other

Hands down, the absolute best place to raise a family in our area.

The old motto it takes a village....if someone needs help with something in this community, just ask and you shall receive



REBEKAH SNIPP

832.814.6120 - Cell Rebekah@rebekahsnipp.com www.rebekahsnipp.com

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 Schoo

August is back to school month so please remember the school zones and those flashing lights that we got used to not seeing over the summer. Please be alert for 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!

Respectfully, Rebekah Snipp

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

Mark Snipp Broker, GRI **Direct:** 832-859-9113

Website: rebekahsnipp.com







The Kids Triathlon is coming!

The annual Eagle Springs Kids Triathlon is coming up on September 17th, 2016. Registration is open and details are available at www.InsideEagleSprings.com. We are still looking for sponsors. If you own or know a business that is willing to sponsor the event, please contact us at kidstri@insideeaglesprings.com. Sponsors are acknowledged in multiple ways, including their logo on the back of participant shirts and their flyer in the race packet.

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 6th 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 their 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.

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 Magically Ever After Travel. Free popcorn, drinks and popsicles provided. Doors open at 8 pm and the movie will begin at 8:30 pm. Bring your floats, favorite chairs, and get ready for our last night of summer fun before school starts!



Please remember the following dates for events in September:

September 9th

Food Truck Friday and Movie Event Food trucks open at 5 pm "Star Wars: The Force Awakens" Sponsored by Magically Ever After Travel

September 10th

Community Garage Sale 8 am – noon

September 30th

Food Truck Friday and Concert Event
Food trucks open at 5 pm
"Danny Ray and the Acoustic Production"
Sponsored by Team Salas, Red Door Realty and
Associates and
Homelove Renovations





Comprehensive orthopedic care is within reach.

Saturday morning sports injury clinics will be open August 20 - November 19 from 8:30 to 11:30 a.m. at Memorial Hermann Northeast Hospital. Appointments are not needed, but you can make a reservation by calling 713.486.8600.

Medical Plaza 1 - Physician Office Building

18955 Memorial North Suite 400 Humble, TX 77338 On the Memorial Hermann Northeast Hospital Campus

memorialhermann.org/northeast



ADVANCING HEALTH



WET June Food Truck Friday and Craft Fair

June's Food Truck Friday was destined for rain, after the first postponement due to rain on the 3rd. June 24th also saw about 45 minutes of a downpour, which ended and brought out families in rain boots and ponchos to check out what their neighbors were selling and what the food trucks were serving.

Huge thank you to HEB for coming out and sponsoring this event! We appreciate you coming, rain or shine. Thank you also to all of our vendors, who set up regardless of the weather.

Our next Food Truck Friday, originally scheduled for August 19th, has been cancelled due to a conflict of events with Eagle Springs Elementary and their Flight School. Our next food truck event is September 9th, with Magically Ever After Travel sponsoring "Star Wars: The Force Awakens".

LAKE HOUSTON LADIES CLUB

Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings, social activities and interest groups. The club meets from September to May on the third Tuesday of the month at the Walden Country Club, 18100 Walden Forest Drive, in Humble, TX.

The club welcomes new members from all surrounding areas. Many interest groups are available including: Readers Choice, Tea Time, Lunch 'N Look, Movie Group, Supper Club, Girl's Night Out, and many game groups (Bridge, Mah Jongg, Pokeno, Canasta, Bunco). Many of the groups continue through the summer months. There are also events during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends. To learn more about the club go to our website at: www.lakehoustonladiesclub.com , or call Linda at 832-379-3009.



ENTER TO WIN & \$100 BACK TO SCHOOL GIFT CARD!



It's that time of year when you start shopping for "back to school" supplies. You'll be buying backpacks, schools supplies, clothes and more! This month, The Tracy Montgomery Team is giving away a \$100 gift card to Target.

Enter to win by sending us an email. Put BACK TO SCHOOL in the subject line. Send us your name, address and phone number where you can be reached if you win.

TracyMontgomeryTeamRSVP@gmail.com

Congratulations to the Shelton family for winning the Schlitterbahn tickets in July!

We appreciate your continues referrals. If you or someone you know is thinking of buying, selling or investing, please give us a call! We'd love the opportunity to help you with your real estate needs.



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 vou 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.



Your Neighborhood Realtors

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

HOT HOT HOT 4th of July

Led by a constable car, and followed by an ambulance, fire truck, and AVFD mass casualty response vehicle, Eagle Springs residents of all ages came out to participate in our annual parade and celebration at the Valley Springs Clubhouse. Kids enjoyed our always popular foam pit, water slides, sand design craft, mobile gaming truck, and new this year: food trucks. Breakfast Burritos Anonymous and Espresso Rescue, along with event staple Kona Ice, were on hand to feed hungry residents.

Huge, enormous "Thank You" to Michene Button, Michelle Dueitt, and this year, her daughter Courtny, for volunteering your 4th of July morning to help with the event. The two Michelles were splashed on – with Michelle Dueitt getting IN the slide pool – for three hours as they helped keep the water slides safe for our children. THANK YOU very much!









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Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

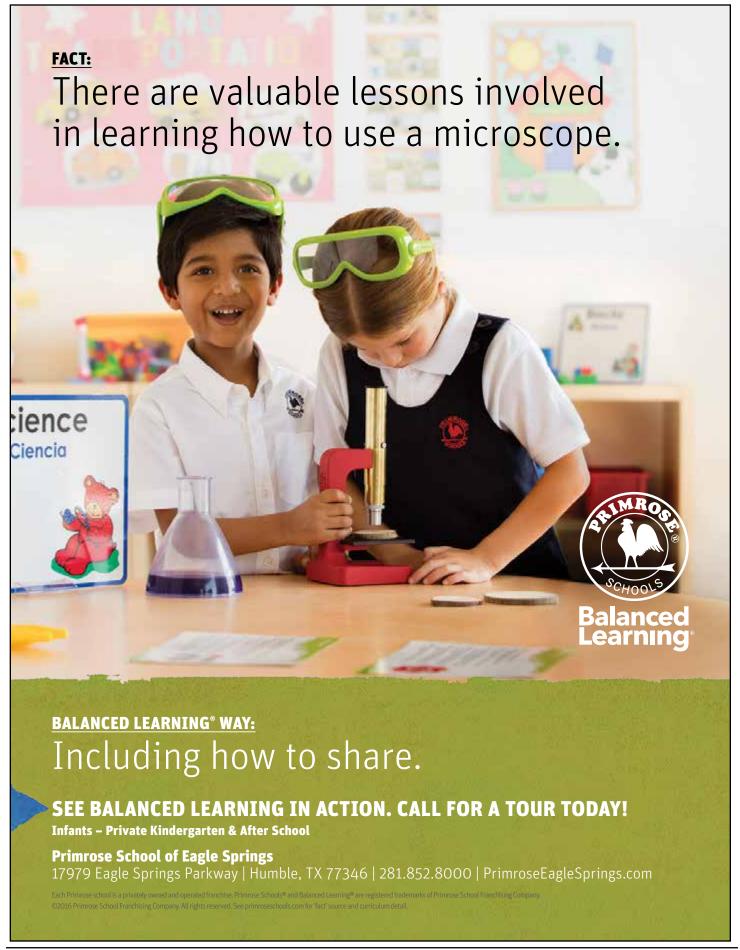
Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.





Dasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives chopped fine/ can use Calamari olives
- Add pepperoncinis sliced to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk more if needed
- Splash of Pickle juice add more if needed/can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers(or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.

Affordable Shade Patio Covers



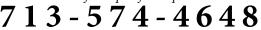
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13 Things Your Dog Can Teach You

- When loved ones come home, always run to greet them.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt pout - run right back out and make friends. thing and
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.





EAGLE SPRINGS

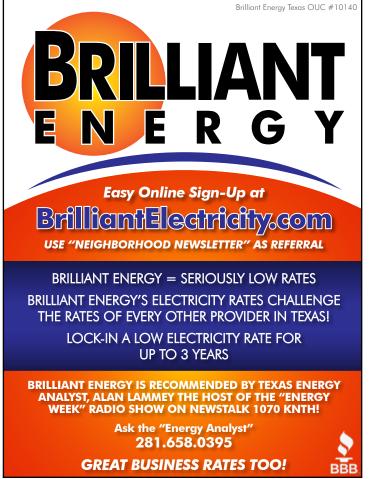
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NOT AVAILABLE ONLINE







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61 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

THESE WATER SAFETY TIPS CAN SAVE LIVES







LEARN TO SWIM



WEAR LIFE JACKETS



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KEEP YOUR HOME SAFER



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LEARN more at www.colinshope.org

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