

# THE TALON

April 2019

Official Publication of the Eagle Springs Community Association

Volume II, Issue 4

## Food Truck Friday & Crawfish Boil Featuring Crawfish, Food Trucks, Music & Inflatables

April 5th at 5 pm  
@ Eagle Springs Sports  
Complex and Soccer Fields

Sponsored by



### DETAILS INSIDE



**Earth Day Event**  
**April 6th 11 am - 3:30 pm**



**Spring Egg-stravaganza**  
**April 13th 9 am -noon**

# April 2019

## COMMUNITY CALENDAR

5.....	<b>Food Truck Friday</b>
.....5 pm/	<i>Sports Complex and Soccer Field</i>
5.....	<b>Onsite Office Closed</b>
6.....	<b>Earth Day Event</b>
.....10 am -3:30 pm/	<i>Sports Complex</i>
9.....	<b>Children's Story Time</b>
.....10 am/	<i>Eagle Springs Clubhouse—registration required</i>
9.....	<b>Book Club</b>
.....8 pm /	<i>Eagle Springs Clubhouse</i>
10.....	<b>Fiber and Yarn Club</b>
.....7 pm /	<i>Valley Springs Clubhouse</i>
11.....	<b>HOA Board Meeting</b>
.....6 pm /	<i>Valley Springs Clubhouse</i>
13.....	<b>Spring Egg-stravaganza</b>
.....9 am – noon/	<i>Sports Complex and Soccer Fields</i>
19.....	<b>Onsite Office Closed</b>
.....7 pm/	<i>Valley Springs Clubhouse</i>
24.....	<b>Fiber and Yarn Club</b>
.....7 pm/	<i>Valley Springs Clubhouse</i>
25.....	<b>Wreath Making Class</b>
.....7 pm/	<i>Valley Springs Clubhouse —registration required</i>

### ONSITE OFFICE HOURS

Monday - Thursday 1 pm - 6 pm  
Friday 9 am - 6 pm  
Closed from 12 - 1 pm for lunch.  
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**.... Dana.Mohler@Crest-Management.com  
**On-Site Community Manager**.....  
.....Roxanne.Bailey@Crest-Management.com  
**Clubhouse Rental**..... Help@InsideEagleSprings.com  
**Activities** .....Activities@InsideEagleSprings.com  
**Website Administrator**.....Activities@InsideEagleSpring.com  
**Newsletter** .....Activities@InsideEagleSpring.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 (MUD 106), Severn Trent**..... 281-579-4500  
**24 Hour Emergency Number** ..... 281-209-2100  
**Water (MUD 290), Municipal Ops**..... 281-367-5511  
**Humble Post Office**..... 281-540-1775  
**Trash & Recycle, Best Trash**..... 281-313-2378

### TELEPHONE/TV/INTERNET PROVIDERS:

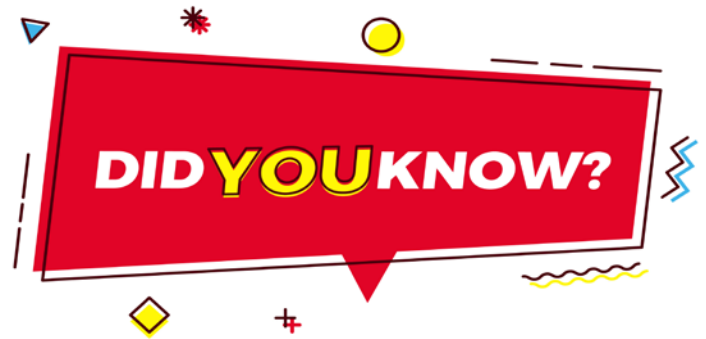
**Centurylink**..... 877-290-5458  
**Comcast**..... 800-266-2278  
**DISHNetwork** ..... 877-903-3813  
**DirecTV**..... 888-777-2454

### 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



Pets, with the exception of service animals, are not allowed at any community events. Ever wonder why?

1. If one dog is allowed, then all dogs are allowed. Multiple dogs can equal multiple dog squabbles.

2. Multiple dogs can also equal multiple dog messes. No one wants to step in “dog doo” and have their fun at an event be ruined. Unfortunately, not everyone is diligent in cleaning up after their pet.

3. Many children in the community are scared or allergic to dogs. We want all of our residents to be able to participate in our community events without having to fear a dog.

4. Most of our events also involve food. Residents would like to enjoy eating without the watchful eyes of our furry friends. Even worse, some dogs are food aggressive and can wreck havoc during a meal.

Eagle Springs, as a community, loves their dogs and other animals! However, please remember to leave your pet at home during a community event.

## MEETING NOTICE



Public notice is hereby given to all members of Eagle Springs Community Association, Inc. for the upcoming Board 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, April 11th, 2019 at the Valley Springs Clubhouse, located at 13555 Valley Lodge Parkway, Humble, Texas 77346. Executive Session will start at 3:00 p.m. and Open Session will start at 6:00 p.m. The meeting will adjourn at 7 p.m. The Meeting Agenda can be accessed on [www.crest-management.com](http://www.crest-management.com). Please contact community manager, Dana Mohler, at Crest Management for any questions regarding this notice by emailing [Dana.Mohler@Crest-Management.com](mailto:Dana.Mohler@Crest-Management.com) or calling 281-945-4643.



# REBEKAH SNIPP

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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!*

Table 1 shows activity in Area 1 – Northeast Houston which includes, Humble/Atascocita/Huffman. Table 2 shows specific data for Eagle Springs. Table 3 shows sold Data for January 1 – March 10, 2018

**Area 1 – Northeast Houston** – Represents inventory of homes available on March 10, 2019 and contracts closed between January 1 – March 10, 2019

Status	Up to \$99,999	\$100,000-\$199,999	\$200,000-\$299,999	\$300,000-\$399,999	\$400,000-\$499,999	\$500,000-\$599,999	\$600,000+	Total
Active	6	96	382	187	80	12	36	799
Option Pending	0	21	25	6	1	2	0	55
Pending / PS	3	82	145	57	18	5	5	315
Sold	9	117	186	56	19	7	1	395
Total:	18	316	738	306	118	26	42	1564

**Eagle Springs** - Represents inventory of homes available on March 10, 2019 and contracts closed between January 1 – March 10, 2019

Status	Up to \$99,999	\$100,000-\$199,999	\$200,000-\$299,999	\$300,000-\$399,999	\$400,000-\$499,999	\$500,000-\$599,999	\$600,000+	Total
Active	0	0	30	19	5	1	0	55
Option Pending	0	1	6	1	0	1	0	9
Pending / PS	0	0	8	4	0	1	0	13
Sold	0	0	29	7	3	1	0	40
Total	0	1	73	31	8	4	0	117

**2018 Sold data** - Represents transaction closed between January 1 – March 10, 2018

Sold Jan 1 – Mar 10, 2018	Up to \$99,999	\$100,000-\$199,999	\$200,000-\$299,999	\$300,000-\$399,999	\$400,000-\$499,999	\$500,000-\$599,999	\$600,000+	Total
Area 1	14	182	185	68	17	2	5	473
Eagle Springs	0	2	26	10	1	0	0	39

NOTE: This representation is based in whole or in part of data supplied by the Houston Board of Realtors Multiple Listing Service. Neither the Board nor its MLS guarantees or is in any way responsible for its accuracy. Any market data maintained by the Board or its MLS necessarily does not include information on listings not published at the request of seller, listings of brokers who are not members of the Board of MLS, unlisted properties, rental properties, etc.

When reviewing the data for Eagle Springs compared to the local area data, the data reflects the Eagle Springs inventory is down. We have seen an uptick in buyer activity in Eagle Springs. Several of my listings in 1 quarter of 2019 have went under contract fairly quick due to limited inventory in the market place. With limited inventory currently on the market in Eagle Springs, it may be a great time to consider listing your home. My ranking as the #1 Individual Listing Agent in Eagle Springs; in addition to being listed as one of the Top five agents in Area 1 – Northeast Houston for the past several years; confirms my ability to assist you with a proven marketing plan providing full turn-key service to get your home sold.

Call me today to schedule a time to discuss your Real Estate needs. I look forward to the opportunity to earn your business. I am committed to getting you the best possible results in this market. I look forward to speaking with you soon, if a move is in your future.

Respectfully,  
Rebekah Snipp

**Rebekah Snipp,**

**Realtor, ABR,**

**Direct: 832-814-6120**

[rebekah@rebekahsnipp.com](mailto:rebekah@rebekahsnipp.com)

**Mark Snipp**

**Broker, GRI**

**Direct: 832-859-9113**

Website:

[rebekahsnipp.com](http://rebekahsnipp.com)





## Board of Directors Election Announcement

Nominations are currently being accepted for two (2) director positions to the Eagle Springs Community Association, Inc. Board of Directors. Two (2) 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 13th, 2019 at 7:00 P.M. in the Valley Springs Clubhouse, located at 13555 Valley Lodge Pkwy, Humble TX 77346. Registration will begin at 6:30 P.M.

If you are interested in being nominated, please submit a brief biography, along with your contact information to Dana Mohler at Crest Management (dana.mohler@crest-management.com) no later than Friday, May 24th, 2019.

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 once a month, typically on the second Thursday. The Board will also occasionally meet with the Eagle Springs Committees.

The Neighborhood Voting Representatives' are the individuals that cast the votes on the neighborhood's behalf to elect the candidates running for the Board positions. Therefore, if your neighborhood does not currently have an NVR (Neighborhood Voting Representative), then your neighborhood will not have a casted vote in the election. Quorum of 25% (1,001) of the Membership (NVR's) is also required in order to conduct this Annual Meeting Election. The following Neighborhoods do not currently have an NVR:

Beringer Place (Accounts for 90 Votes)  
Cedar Meadows (Accounts for 76 Votes)  
Hawthorne Ridge (Accounts for 52 Votes)  
Talon Ridge (Accounts for 78 Votes)  
Valley Creek (Accounts for 87 Votes)

If you are interested in nominating to be an NVR for your neighborhood or have questions about their role in the community, please contact Dana Mohler by phone at 281-945-4643 or by email at dana.mohler@crest-management.com.



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## Earth Day 2019 Event April 6th 2019

### 10am-1pm Recycling and Shopping

- Shred and Electronics trucks. Free paper shredding and proper disposal of electronic equipment such as tvs, radios, printers.
- Plant and Tree Sale. Purchase trees that are approved for your front and back yards. Purchase butterfly attracting plants.
- Recycle/Reuse Items. Bring empty shoe boxes, tissue boxes, water bottles, plastic baby food jars with lids, milk cartons, paper towel rolls, toilet paper rolls, plastic caps, and unwanted or broken crayons for future reuse at the local Primrose Daycare for craft projects.
- Flags. Bring old USA and Texas flags to be recycled properly by the local Boy Scout Troop. Boy Scout troop will have their US Flags for sale. Click here for Flag Order Form
- Bird Food and Feeders. Wild Birds Unlimited will be selling bird food and feeders for the type of birds you can find here in our area.
- Solar Energy Information. Visit the solar panel table for information regarding solar energy.

### 1:30pm-2:00pm Bird Talk

- Wild Birds Unlimited will feature a discussion about hummingbirds and pesky critters. Talk is geared more for adults but children are welcome to attend.

### 2:00pm-3:30pm Butterfly Kids activity and Talk

- ESE Teachers and Girl Scouts will host a butterfly education talk for children ages 4-11. Kids will get to see live caterpillars and butterflies. Kids will also get to participate in a craft activity and releasing of the butterflies in our park.

Thank you to our Sponsor Shawn Shirley with Sunpro Solar Energy

### 10am-3:30pm Hawaiian Ice Treats.

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**First Grade**  $11 + 12 = \underline{\quad}$

**Sixth Grade** Halfway through the second quarter, how much of the game is left?

**Second Grade**  $1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 + 10 = \underline{\quad}$

**Seventh Grade** How much is  $6\frac{1}{2}\%$  of 250?

**Third Grade** How much is 99 plus 99 plus 99?

**Pre-Algebra** On a certain map, 6 inches represents 25 miles. How many miles does 15 inches represent?

**Fourth Grade** Count by  $1\frac{3}{4}$  from 0 to 7.

**Algebra** When you take 3 away from twice a number, the answer is 8. What is the number?

**Fifth Grade** Which is greatest:  $\frac{17}{18}$ ,  $\frac{23}{30}$ , or  $\frac{18}{19}$ ?  
(Explain how you got your answer.)

**Geometry** What is the Absolute Value of the point (3, 4)?

For answers and explanations visit: [mathnasium.com/answers](http://mathnasium.com/answers)

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## The Pools Open Weekends in May! Do you have your Amenity Card?

How do I access the pools for the 2019 season?

If you currently have an amenity card— No action is necessary.

If you do not have an amenity card – please gather all access cards and pool tags and visit the Onsite Office to obtain a new, single amenity ID card. All household residents who you wish to have a card need to be present to have a picture taken.

What if I do not use the pools, do I need this new ID card?

No, your access card will still open the splash pad, tennis courts, fitness center, and community restrooms. You will be unable to access the pools until this new ID card is obtained.

When can I obtain an amenity card?

You can obtain an amenity card at any time of the year. Amenity cards are only issued during office hours, which are Monday through Thursday, from 1- 6 pm, and Fridays from 9 am to noon, and 1- 6 pm. Amenity cards stay current year to year and do not require stickers to be valid. Amenity cards can be “turned off” by management should residents fail to pay their HOA dues or move out of the community.

Questions? Email [Help@InsideEagleSprings.com](mailto:Help@InsideEagleSprings.com) .

## Spring Egg-stravaganza!



On April 13th, from 9 am to noon, bring your family to the soccer fields and Sports Field Complex for our annual Spring Egg-stravaganza! Enjoy egg hunts, with one especially for our “wobbly walkers”, along with games, crafts, bounce houses, rides, concessions, and of course, the Easter Bunny!

This year we are excited to bring in the Atascocita Branch Library, who will offer the following:

- Library cards if attendees have brought their IDs
- A small browsing collection for checking out materials
- A craft
- Information about library services, including digital collections and programs.

Egg hunt times are listed on [InsideEagleSprings.com](http://InsideEagleSprings.com). Please remember that all egg hunts start on time, and we ask that children participate in only one egg hunt. Also, the only animals allowed at community events are service animals. If you or your child would like to volunteer for this event, please email [Activities@InsideEagleSprings.com](mailto:Activities@InsideEagleSprings.com)

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# Maintenance Tips to Get Your Home Ready for Spring

## Prep your home for spring — inside and out.

Maintaining a healthy home goes beyond dusting and vacuuming. When is the last time you checked your smoke alarms? How about the last time you cleaned out your dryer vent? Follow the tips below to make sure your family and home are ready for a happy, clean spring season.

**Clean Gutters** - Grab a ladder, and check your gutters for debris. Remove as much as you can with your hands. Remove any leftover gunk with a garden hose. Take off any nozzle and have a helper turn on the water when you're ready. Shove the hose into the downspout to power out of gooseneck bends. Make sure your downspouts channel water at least five feet from foundation walls.

**Scrub Walls, Baseboards and Outlets** - Scrub all the walls — in the bathroom, kitchen, bedrooms and living areas — with a sponge or brush and mild soap and water. This includes baseboards and outlets. Make sure to completely dry outlet covers before replacing.

**Replace Filters** - Replace all filters including water, range hood and air vent filters. You should replace these filters every 3-6 months depending on the type of filter you have.

**Clean Faucets and Showerheads** - Unscrew the faucet aerators, sink sprayers and showerheads, and soak them

in equal parts vinegar and water solution. Let them soak for an hour, then rinse with warm water.

**Clean Out the Dryer Vent** - A clogged dryer vent can be a fire hazard. To clean it, disconnect the vent from the back of the machine and use a dryer vent brush to remove lint. Outside your house, remove the dryer vent cover and use the brush to remove lint from the other end of the vent line. Make sure the vent cover flap moves freely.

**Wash Exterior Windows** - Pick a cloudy day and first remove the dirt with a brush or vacuum, then pick a glass cleaner to wipe down the windows. Don't be afraid of using too much spray.

**Keep Allergens Away** - Keep dust, mold and pollen at bay by decluttering your home, checking pipes for leaks and keeping the air clean.

**Clean the Grill** - Your grill has most likely collected dust during fall and winter. Help your grill live a long life by giving a clean inside and out.

**Test Smoke Alarms** - Test smoke alarms and CO detectors, and change out batteries as needed. It's cheap, only takes a few minutes and can save your family's lives.

**Clean Outdoor Furniture** - Outdoor entertaining season is just around the corner. There are some basic recipe's you can lookup online for how to get your furniture & cushions to look brand new & ready for your guests.



Tracy Montgomery  
Cell: 713.825.5905

Lisa Hughes  
Cell: 281.323.5894

Melissa Nelson Cell:  
832.527.4989



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## Wreath Making Class!

Come join us on April 25th as we partner once again with Jenny Moody with Cat + Campbell to create a spring wreath! Class begins at 7 pm at the Valley Springs Clubhouse; be sure to register on [InsideEagleSprings.com](http://InsideEagleSprings.com). Once registered, you will be sent a link to pay the class fee, which is \$50 and includes all materials. All you have to do is bring a pair of scissors and your favorite beverage!



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## HKA parents hope to start discussion about impact of screen time

While I prepare dinner. For homework. So I can exercise or take a shower. To learn a foreign language. My children and teens can't get enough. A chance for everyone to wind down. For fun! For my sanity! There are many reasons children and teens are put in front of a screen.

Most parents and professionals agree children get too much screen time (averaging 6.5 hours a day!) yet parenting seems nearly impossible without it – but at what cost?

Eagle Springs residents and moms, Jeri Wyn Mumford, Amy Smith, Erin Bailey, and America Ririe are working on a unique opportunity for our community to start a conversation about how screen time impacts our lives and what we can do about it. Join parents and educators on April 17 from 6 to 8 p.m. at Humble High School to watch the documentary **SCREENAGERS: Growing Up in the Digital Age** and meet with Dr. Delaney Ruston about the impact of screen technology on kids and help families navigate in a world with instant access to screens.

Doors open at 5:15 p.m. and door prizes start at 5:45 p.m. Parents are encouraged to bring their children and teens. Dr. Ruston will explore the use of screens in school, boys and video games, girls and social media, and the risk of addiction.

"Sit your kids down and watch this movie. Sit on them if you have to," said Martha Adams, Chief Creative Officer for Girls Rising. "It's a must see for anyone with kids in their lives!"

Physician, filmmaker, and mother of two, Delaney Ruston turned the camera on her own family and others when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and monitoring online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

Revealing stories of messy struggles over social media, video games, academics and internet addiction, Dr. Ruston weaves in cutting edge science and insights from thought leaders Peggy Orenstein, Sherry Turkle, Simon Sinek, as well as leading brain scientists who present evidence on the real changes in the brain when kids are on screens. For more information and the film trailer, visit [www.screenagersmovie.com](http://www.screenagersmovie.com).

Educated at Cornell, Stanford and the University of California, San Francisco, Dr. Ruston has also made award-winning films such as *Unlisted: A Story of Schizophrenia*, about her father, and *Hidden Pictures: A Personal Journey into Global Mental Health*. She presents to a wide range of audiences ranging from school age children to The United Nations, The World Health Organization, Harvard and TEDX.



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### Spiking up your Metabolism at any Age

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still



isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well, live long Fair Oaks Residents!

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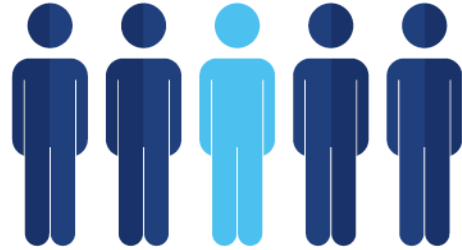
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# SKIN CANCER

## THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



## WHAT CAN YOU DO TO REDUCE YOUR RISK

### PROTECT

Apply sunscreen and wear long-sleeves & hats under the sun.



### PREVENT

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



### DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.



Oddly shaped, discolored, large, and evolving moles are potentially malignant



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