

THE TALON

August 2019

Official Publication of the Eagle Springs Community Association

Volume 11, Issue 8

SAY GOODBYE TO SUMMER MOVIE

Featuring
Ralph Breaks the Internet



Friday, August 9th
Athletic Club Pool
Doors open at 8 pm

Sponsored by
Magic On Main Travel
Details Inside

August 2019

COMMUNITY CALENDAR

- 7.....Twin Villas HOA Meeting
.....7 pm / Valley Springs Clubhouse
- 9.....Say Goodbye to Summer Movie Event
.....8 pm / Athletic Club Pool
- 13.....Holiday Decorating Committee Meeting
.....6:30pm / Valley Springs Clubhouse
- 13.....Book Club
.....8:00pm / Eagle Springs Clubhouse
- 13.....Children's Story Time- registration required
.....10am / Eagle Springs Clubhouse
- 14.....Fiber & Yarn Club
.....7pm / Valley Springs Clubhouse
- 19.....Sports Field Committee Meeting
.....7 pm / Valley Springs Clubhouse
- 28.....Fiber and Yarn Club
.....7 pm / Valley Springs Clubhouse

*Beats and Eats events are Saturday, August 3rd
and Saturday, August 10th at 6 pm at
the Athletic Club Pool.*

ONSITE OFFICE HOURS

Monday - Thursday 1 pm - 7 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.....
..... Theresa.Larsen@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

Westlake Middle School..... 281-641-5800
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

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Advertising..... advertising@PEELinc.com



On April 15th, we transitioned to a brand new website. Still located at InsideEagleSprings.com, the new website is mobile friendly and has a ton of user-friendly

features!

Even if you were registered on the former website, you will need to register on this website. If you rent your home, you will be required to enter in your lease end date. If you haven't registered any time after April 15th, you will need to do so again!

Please note that this website has a more restricted access than the old one; in order to see event details, clubhouse information, and documents, you will need to be logged in.

Also, the Crest Management website, located at www.crest-management.com, is undergoing changes as well that require all users to change their password. When using this website, please click on "forgot password" to prompt the change.

Questions? Email Help@InsideEagleSprings.com.

Welcome Resident Board Members

At the Eagle Springs Community Association Annual Meeting held on June 13th, the Neighborhood Voting Representatives elected 2 resident Board members. Justin Ratley was re-elected to a second term and Amanda Chappell was elected to her first term. Amanda is currently the Manager of Clinical Projects at Memorial Hermann Northeast and was nominated for the Lake Houston Young Professional of the Year for 2019 and also received Lake Houston's Nurse of the Year for 2018. She is also the proud steward of the Atascocita Springs Elementary Little Free Library that supports and promotes literacy in our Eagle Springs community youth.

Welcome Amanda!

Thank you to Michelle Button, who chose not to run again, ending her long tenure of 6 years as a volunteer Board member. We appreciate your service!



REBEKAH SNIPP

832.814.6120 • Rebekah@rebekahsnipp.com

www.rebekahsnipp.com

7702 FM 1960 East, Suite 212, Humble TX 77346

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!

I have served Eagle Springs homeowners since nearly the beginning as I obtained my real estate license back in 2002. I owned 2 different homes in Eagle Springs and have loved the neighborhood that I have sold so many homes in. Many of you that read my monthly newsletter know me and many have used me for real estate services to buy and sell their homes. I thank Eagle Springs for your business and your friendship over the years. There are many new faces in the neighborhood as the neighborhood has matured and many that may not know me. If you are thinking about buying or selling, please give me an opportunity to speak to you about my services and how I may serve you. My record on home sales in Eagle Springs is unsurpassed, my knowledge of the neighborhood is extensive and my ability to get your home sold, or find you that perfect home to buy is proven in my record. I care about my Clients and giving service beyond service is the Rebekah Snipp difference. Building Clients for life while giving back to the community I serve is something I live by.

It's been fun to follow along this season as the Eagle Springs Flyers Swim team competed against other area teams. I enjoyed reading the stories about the swim team participants and the competitions they engaged in. The Eagle Springs Flyers are composed of all age groups from those starting out to some that are nearing the end of their neighborhood swim team participation. Lots of fun memories were made by each of them. I think a big thank you is in order for the residents and parents that volunteer throughout the season, as they give countless hours making a difference for the kids.

Happy Fourth of July to all of Eagle Springs! Please remember that freedom is not free when celebrating Independence Day and thank you to all that defend our nation. As the mother of an Iraq War Veteran, thank you to all that have served.

*Respectfully,
Rebekah Snipp*

Rebekah Snipp,

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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 on August 9th, 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 to bring your Amenity Card to get into the pool.

Save the Dates!



September 7th
Bi-Annual Garage Sale



September 13th
Food Truck Friday



TEXAS
HEATWAVE

“Love the ball...and the Sport!”

Registration opens in June for
Fall 2019 Recreational Soccer!
Youth Boys and Girls Ages 4-18
Don't Miss Out!
HURRY!!

REGISTRATION ENDS AUGUST 15th!!



www.txheatwave.com **281-359-7280**

Eagles Fly Travel Group & Canyon Country



Eagle Springs' residents aged 50 and older are invited to join the newly formed "Eagles Fly" Senior Travel Group. Our first adventure will be hosted by Jan Crawford and St. Mary Magdalene's "Young at Heart".

"Eagles Fly" Travel Group

Canyon Country Adventure (AV)

8 Day Tour from Scottsdale to Las Vegas – Land Only

May 12, 2020 – May 19, 2020 - \$2,116.00pp double land only

Air with transfer - \$483.00

Highlights

SEDONA

Orientation tour

GRAND CANYON NATIONAL PARK

Sightseeing

MONUMENT VALLEY

4-wheel-drive excursion with Navajo guide

LAKE POWELL

Antelope Slot Canyon; cruise

BRYCE CANYON NATIONAL PARK

Enjoy a local treat from Thunderbird Restaurant; sightseeing

ZION NATIONAL PARK

Sightseeing

LAS VEGAS

Orientation tour; farewell dinner

Jan Crawford is a Travel Group Leader volunteer and native Texan, an Eagle Springs resident for the past 13 years, and an Atascocita resident since 1984. Jan has organized trips for seniors for the past 17 years. Jan and husband, Steve love to travel alone from time to time, but group travel is their preference; and enjoy creating lifelong memories with fellow travelers.

Jan has organized 175+ day trips/casino trips for "Young at Heart" members of St. Mary Magdalene Catholic Church. Additionally she has organized 17 extended trips in the U.S., Canada, Central America, Caribbean, and Europe. The trips include Motor coach

trips, Ocean cruises, and River cruises.

Jan & Steve would like to invite you to join "Young at Heart" and Eagle Springs – "Eagles Fly" Travel Group on their next adventure. Canyon Country Adventures with Globus Journeys.

For complete brochure information, for a 4 page Globus Journey's Brochure and to reserve your seats for the Canyon Country Adventure contact Jan Crawford at 281-852-3508 or jan17403@gmail. Seats are limited. \$250.00pp land deposits + \$300.00pp air deposit are due by September 30, 2019. Final Payment – March 1, 2020.

Future Travel Plans

Cities of Antiquities & the Holy Land – Viking Ocean Cruise - November, 2020

China – Yangtze River – Avalon Waterways

France – Avalon Waterways

Cape Cod and the Islands – Globus Journeys

History of past travel

2019 – Best of Italy – Globus Journeys

2018 - Essential Britain – Globus Journeys

2016 - Viking River Cruise - Heart of Germany Christmas Markets

2015 - Viking River Cruise – Windmills & Tulips, The Netherlands and Belgium

2013 – Caravan – Costa Rica

2011 – NCL - Hawaiian Island Cruise

2010 – MSC - Caribbean Cruise

2010 – Caravan - California Coastline Tours

2009 - Holland America - New England & French Canada Cruise

2009 – Carnival Cruise – Mexican Riviera

2008 – Caravan - Mount Rushmore, Yellowstone & Grand Tetons

2007 – Holland America - Alaskan Cruise

2007 – Fleming Tours, Inc. – Canyonland – Utah & Nevada

2006 – Diamond Tours Smoky Mountains

2006 – Diamond Tours – Tunica & Memphis

2005 – Diamond Tours – Branson

F3 Synopsis

F3 – Fitness. Fellowship. Faith.

F3 Atascocita – “The Flight Line”

Workouts every Friday, 5am, at the Eagle Springs Community Association Pool entrance gate.

F3 is a FREE men's early morning, bootcamp-style workout group. Our mission is to plant, grow, and serve small workout groups for the invigoration of male community leadership. F3 workouts are:

1. Free of charge (forever!);
2. Open to ALL men regardless of fitness level (all shapes and sizes are welcome);
3. Held outdoors (rain or shine, heat or cold);
4. Led by men who participate in the workout in a rotating fashion (volunteers, no training or certification necessary); and
5. Always end with a Circle of Trust (part of 3rd F: Faith, no religion necessary).

F3 started in North Carolina in 2011 and has exploded across the country since then. It was brought to Houston in 2016 and has evolved into 15 separate workout areas across the city, with more being planned. Kingwood opened a workout site in 2018 at Kingwood Town Center Park, and they began hosting workouts in Atascocita in January 2019 to expand the program.

Currently, workouts in Atascocita are every Friday from 5am to 5:45am, in Eagle Springs, starting in the parking lot in front of the Community Association Pool gate, 17750 Eagle Springs Parkway. For anyone interested in “rucking,” F3 steps off from the same location, at the same time, on Wednesdays. If you don't have a ruck, one can be provided. As the group expands, more days in Atascocita will be added. If you show up late and don't see us, listen for the noise.

For more information:

info@f3kingwood.com

F3Atascocita.MIT@gmail.com

www.f3houston.com

Men's Health article: <https://www.menshealth.com/fitness/a25799601/f3-workouts-for-men/>

Thank you for your time, and SYITG! (See You In The Gloom! – bring water)

Brad Turner

F3 nickname: M.I.T.

Fourth of July Wrap Up

Thank you to everyone who came out and paraded with us on the Fourth of July! Special thanks to AVFD and Precinct 2 for heading the parade and being our caboose. Shout out to Troop 9589 for handing our candy and raising awareness on how to keep pets safe!



Prepare for a Hurricane

Each year NOAA and the American Red Cross publishes a preparedness guide of tropical cyclones to help us prepare for such an emergency. You can download a copy of that guide at <http://www.nws.noaa.gov/os/hurricane/resources/TropicalCyclones11.pdf>. This guide gives great information on the metrological terms associated with tropical storms and what to expect from those storms. Most importantly, it lists critical information about how to prepare for an incoming storm.

GUIDELINES EACH YEAR PRIOR TO HURRICANE SEASON:

- Determine safe evacuation routes inland
- Learn locations of official shelters
- Check emergency equipment such as flashlights, generators and battery powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- Buy food that will not spoil and store drinking water.
- Buy plywood or other material to protect your home if you don't have it.
- Trim trees and shrubbery so branches don't fly into your home.
- Clear clogged rain gutters and downspouts.

- Decide where to move your boat if applicable.
- Review your insurance policy.
- Find pet friendly hotels on your evacuation route.

DURING THE STORM AND WHEN PEARLAND IS IN THE WARNING AREA, YOU SHOULD:

- Closely monitor radio, TV or NOAA Weather Radio All Hazards for official bulletins.
- Close storm shutters.
- Follow instructions issued by local officials. Leave immediately if ordered.
- Stay with friends or relatives at a low-rise inland hotel or at designated public shelter outside of the flood zone.
- DO NOT stay in a mobile home or manufactured home.
- Notify neighbors and a family member outside of the warned area of your evacuation plans.
- Take pets with you, but remember that most public shelters do not allow pets other than service pets for people with disabilities.
- Identify pet friendly hotels along your evacuation route.

Continued on Page 8)



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C: 713.825.5905

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C: 281.323.5894 **C: 832.527.4989**

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EAGLE SPRINGS

(Continued from Page 7)

IF YOU ARE STAYING HOME TO “HUNKER” OUT THE STORM:

- Turn refrigerator to maximum cold and keep it closed.
- Turn off utilities if told to do so by authorities.
- Turn off propane gas tanks.
- Unplug small appliances.
- Fill bathtub and large containers with water in case clean tap water is unavailable. Use water in bathtubs for cleaning and flushing only. Do NOT drink it.
- Stay away from windows and doors, even if they are covered. Take refuge in a small interior room, closet or hallway.
- Close all interior doors. Secure and brace exterior doors.
- If you are in a two-story house, go to an interior first floor room.
- If you are in a multi-story building and away from water, go to the first or second floor and stay in the hallways or other interior rooms away from windows.
- Lie on the floor under a table or other sturdy object.



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GERMAN PANCAKES

At least twice a week, German pancakes are my go-to for breakfast. Known alternately as Dutch babies or little Bismarcks, my family loves them. This particular recipe came with my great grandparents from Germany.

I make the batter the night before and store it in the fridge for easy morning prep. The batter can be cut in half, doubled, or tripled. You can make it in virtually any pan that has sides. Just be sure to spray the entire baking vessel with a little Pam, as this pancake crawls up the sides as it bakes and could stick. The batter must be poured into a hot pan.

The below recipe fits nicely in a medium skillet.

Preheat oven to 425 degrees.

Melt ½ stick of butter in an oven proof pan in the oven, so the pan gets nice and hot.

Mix together 2 eggs, ½ cup flour and ½ cup milk with a pinch of salt. It may have some lumps and that's okay. Pour the batter into the melted butter in the skillet, return to oven and bake for 12-15 minutes, until risen and a golden brown. It will deflate a bit once you cut it.

Top with syrup, fruit, powdered sugar, or nothing. It tastes delicious all on its own.

Nota bene: Sometimes these pancakes don't rise. No one knows why. Just try again with different flour or butter or eggs. It's only occurred to me three times in the 25 years I've been making them. You can also cut the butter down to as much as half, but Julia Childs would surely not advise that.

Would you like to share a specific recipe? Your neighbors would love to read about it! Email me at tiffivelytx@gmail.com. If I don't, my Cordon Bleu trained stepmother will!



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Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at www.floodsmart.gov.

There are things you can do to prepare your home and family now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit www.ready.gov/america/beinformed/floods.html
- Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at www.ready.gov/america/beinformed/floods.html.



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Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria and filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant under for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped

product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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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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