THE TALON

January 2020

Official Publication of the Eagle Springs Community Association

Volume 12, Issue 1



Did You Know? Reminder

Please remember that all decorations, including light clips, must be taken down by January 31st.

Also, HOA dues are due January 1st, and late by January 31st. Links to pay can be found on InsideEagleSprings.com. Please remember that the Onsite Office is unable to accept payments.

Meeting Notice

EAGLE SPRINGS COMMUNITY ASSOCIATION

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. The Open Session of the meeting will begin at 6:00 p.m. The Meeting Agenda can be accessed on www.crest-management. com. Please contact community manager, Dana, at Crest Management for any questions regarding this notice by emailing dana@crest-management.com or calling 281-945-4643. This meeting will take place on Thursday, January 9th at the Valley Springs Clubhouse, located at 13555 Valley Lodge Parkway, Humble, Texas 77346.





January 2020 Community Calendar

1Happy New Year
Onsite Office Closed
9HOA Meeting
6 pm/ Valley Springs Clubhouse
14Children's Story Time
Registration Required
10-11 am/Eagle Springs Clubhouse
14Book Club
20Sports Field Committee Meeting
22Fiber and Yarn Club
28Landscape Committee Meeting
7pm / Valley Springs Clubhouse

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 AsktheB	oard@InsideEagleSprings.com
Crest Management Co	
Community Manager	. Dana@Crest-Management.com
On-Site Community Manager	

......Theresa@crest-management.com Clubhouse Rental.......Help@InsideEagleSprings.com ActivitiesActivities@InsideEagleSprings.com Website Administrator.....Activities@InsideEagleSpring.com NewsletterActivities@InsideEagleSpring.com

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency		
P-4 Constable Dispatch		
Humble ISD Police (Schools)		
Atascocita Volunteer Fire Dept (AVFD)		

Non-Emergency Number	
Harris County Animal Control	
Texas Poison Control Center	

UTILITIES

Electric, (multiple providers)ww	vw.powertochoose.org
Power Outages	
Street Light Outages	
Gas, Centerpoint Energy	713-659-2111
Gas Leaks	713-659-2111
Water (MUD 106), Severn Trent	
24 Hour Emergency Number	
Water (MUD 290), Municipal Ops	
Humble Post Office	
Trash & Recycle, Best Trash	

TELEPHONE/TV/INTERNET PROVIDERS:

Centurylink	
Comcast	
DISHNetwork	
DirecTV	

SCHOOLS

Westlake Middle School		
Humble ISD		
Website	www.humble.k12.tx.us	
Eagle Springs Elementary		
Atascocita Springs Elementary		
Timberwood Middle School		
Atascocita High School		
NEWSLETTER PUBLISHER		
Peel, Inc		
Advertising	. advertising@PEELinc.com	

NVR Results

Arbor Heights NVR – Open Position Alternate – Open Position

Arlington Park (includes Twin Villas & Newfield Park) NVR – Open Position Alternate – Open Position

> Barton Ridge NVR – Open Position Alternate – Open Position

> Beringer Place NVR – Open Position Alternate – Open Position

> Biscayne Bend NVR – Phil Marlowe Alternate – Open Position

> Cades Crossing NVR – Open Position Alternate – Open Position

> Cedar Meadows NVR – Open Position Alternate – Open Position

> Chandler Crossing NVR – Megan Scales Alternate – Open Position

Cottage Grove

(includes Sutters Creek) NVR – Kathy Frazee Alternate – Open Position

Crescent Ridge (includes Hunters Grove, Caliterra Chase, Montecito Point & Meridian Cove) NVR – Open Position Alternate – Open Position

> Cross Creek NVR – Deirdre Giampietro Alternate – Open Position

> > (Continued on Page 4)



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!

Happy New Year from Rebekah Snipp & Snipp Realty Group

Heading into the New Year we have hit the ground running, putting the final touches on what will be new listings in January. I just completed my 17th year in real estate and would like to thank you Eagle Springs for your continued trust in me when it comes to your real estate business. Allowing me to assist you as well as those you have referred to me is the reason I continue to be a top agent in Eagle Springs.

If you have decided to put your home on the market now or this spring I would be happy to sit down with you and discuss your home value and options that you have going forward. As spring approaches, Buyer activity tends to pick up and we need to be ready for it. Now is the time to give me a call to schedule a listing appointment and put a plan of action together.

Every year I get request to post my Vendor list of those Contractors that we have done business with and used personally and professionally on a consistent basis over the years. Although I cannot warrant your experience with them, I can say that these are the professionals we use when we need their service. All own their respective companies.

- FSR Services Roofing-281-852-9555 (Steve)
- Quality Comfort Air (A/C and Heating)-832-663-5373 (Robert)
- Lakeshore Security (Monitoring and Cameras) 713-870-1964 (James)
- Lake Houston Electrical Services-281-541-1363 (Rick)

Its that time of year for local area high school seniors to apply for the Rebekah Snipp Scholarship. We will be awarding three (3) \$1,000 scholarships again this year. The deadline to apply is April 15, 2020. Please visit my website, rebekahsnipp.com for details and the scholarship application.

In closing, I would like to take this opportunity to wish each of you a prosperous 2020.

Respectfully, Rebekah Snipp

Oh, by the way... if any of your friends or relatives are thinking about buying or selling a home, I'd love to be of service to them. So, when you think of these people, please give me a call with their name and business number. I'll be happy to follow up and tend to their real estate needs. Rebekah Snipp, Realtor, ABR, Direct: 832-814-6120 rebekah@rebekahsnipp.com

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

Website: rebekahsnipp.com





(Continued from Cover)

Hawthorne Ridge NVR – Open Position Alternate – Open Position

Kendall Hollow NVR – Sarah Hibbs Alternate - Open Position

Laurel Ridge (includes Laurel Woods & Logan Ridge) NVR – Mike Hamlin Alternate – Open Position

> Legacy Pointe NVR – Open Position Alternate – Open Position

Meadow Lake (includes Meadow Lodge) NVR – Robert Burkhalter Alternate - Open Position

Preston Village NVR – Open Position Alternate - Open Position

Princeton Park NVR – Open Position Alternate - Open Position

Sierra Bridge NVR – Stacey Stidham Alternate – Open Position Sterling Creek (includes Aspen Glen & Yukon Forest) NVR – Bill Schroeder Alternate – Open Position

> Talon Ridge NVR - Open Position Alternate - Open Position

> Valley Creek NVR - Open Position Alternate - Open Position

How Does Our Community Work?

How are decisions made regarding our community? Who is tasked with making these decisions? In an effort to educate our community on how Eagle Springs is run, The Talon is highlighting the structure by which our community operates and makes decisions.

What is a homeowner's association? A homeowner'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 **homeowner's associations** are associations are non-profit organizations. The associations provide services, regulate activities, levy assessments, and impose fines. Usually, each member of a homeowners 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 fellow residents, voted in by Neighborhood Voting Representatives. Resident Board Members are in charge of making decisions about the budget, the landscaping, the amenities within Eagle Springs, and enforcing the deed restrictions. The Board is in charge of a budget in excess of three million dollars. This is why it is so critical for residents to vote for their Neighborhood Voting Representative! All Board members are unpaid volunteers.

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. For any occasion requiring a vote of the neighborhood, the NVRs shall place the vote for their neighborhood. Additionally, the NVRs and their alternates attend the meetings of the Board of Directors. The NVRs 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 a management company and what does it do? The management company is hired by the HOA to carry out the day-today business of the community. The management company seeks bids for contracts, follows up on maintenance issues, and collects dues, among other tasks. The management company does not make decisions regarding budget, deed restrictions, etc. Our Onsite Office manager, Roxanne Bailey, is a member of our management company and is tasked with many of these responsibilities.

All Board meeting minutes, financials and NVR contact information can be found in the documents section of InsideEagleSprings.com. You must be logged in to access this information. You may also contact the Board of Directors with any questions you may have; they can be reached via email at AsktheBoard@InsideEagleSprings.com.



Mark Your Calendars

We've doubled the fun! Our Daddy Daughter Dance is now **two** nights: February 7th from 7-9 pm and February 8th from 6-8 pm at the Eagle Springs Clubhouse. Dads, granddads, step dads, and dad figures, bring your daughters for a fun evening of music and dancing, a fun photo booth, and light bites. Cost is \$10 a pair (plus \$5 for each additional child) and registration will be live soon on InsideEagleSprings.com. We request that each family only attend one night so that we have room for everybody to attend!



2020 Community Events

Dates and times are subject to change and are often dependent on weather conditions. Event details and updates can be found on InsideEagleSprings.com

Daddy Daughter Dance

February 7th 7:00 – 9 pm February 8th 6-8 pm Eagle Springs Clubhouse

Magic with Mom

March 20th 7- 9 pm Eagle Springs Clubhouse

Spring Egg-Stravaganza

March 28th 9 am – noon Sports Complex and Soccer Fields

> **Spring Garage Sale** April 4th 8 am – noon

Scavenger Hunt April 18th Noon- 3 pm Eagle Springs Community

Ladies "After Lunch Brunch" Sip, Shop and Pamper Event May 3rd 1-4 pm Eagle Springs Clubhouse

Splash Into Summer Pool Parties

May 25th 10 am – 1 pm Athletic and Island Club Pools

Independence Day Celebration

July 4th 9 am – noon Valley Springs Clubhouse

> **Casino Night** July 17th 7 – 11 pm The Overlook

Say Goodbye to Summer Movie August 7th 8 pm

Athletic Club Pool

Fall Garage Sale September 12th 8 am – noon

Kids Fishing Workshop September 27th 4-6 pm Lake Montage Neighborhood Night Out October 3rd 6 pm

Wine Tasting and Pairing October 17th 7 – 11 pm

Eagle Springs Clubhouse

BBQ Cookoff

November 7th 1 – 5 pm Sports Complex and Soccer Fields

WinterFest

December 12th 1-4 pm Eagle Springs Clubhouse and Town Green

Food Truck Fridays

February 28th April 3rd May 1st September 4th October 2nd December 4th

New Event for 2020 Magic With Mom

You asked and we answered! We are excited to bring "Magic with Mom" for our mothers with sons here in Eagle Springs! Be sure to save the date on March 20th at 7 pm in the Eagle Springs Clubhouse. Stay tuned for more information on this great event!



Lake Houston Ladies Club January Meeting

The Lake Houston Ladies Club's next luncheon will be held on Tuesday, January 21, from 10:00-12:30 at the Walden Country Club, 18100 Walden Forest Drive in Humble, TX 77346. The cost of the event is \$20 per person and includes lunch and entertainment. Is getting organized one of your New Year's resolutions? If so, come to hear Ellen Delap, a professional organizer, help you make time and space for the things you value in life.

The Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings and social activities. The club welcomes new members from all surrounding areas. Many interest groups are available including Hand Knee and Foot, Shooting Club, Scrabble 'N Babble, Artsy Smartsy, Movie Group, Mah Jongg, Lunch 'N Look, Supper Club, Mexican Train, Reader's Choice, Tea Time, Bridge, Game Day and Bunco. 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.

Please join us. New members are always welcome. For more information about the club and for luncheon reservations, please go to the club web page at http://www. lakehoustonladiesclub.com or call Karen at 281-900-5584 by Monday, January 13.



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Cooking substitutions aid in calorie reduction

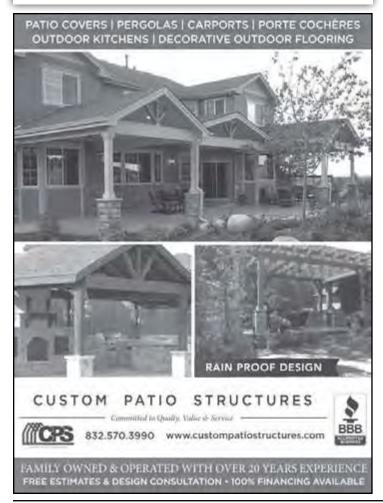
When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.



Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

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(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips. **Set realistic goals.** Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and



chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; longterm results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a boardcertified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

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What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.

Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

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