



Silverlake

news

Silverlake Homeowner's Association, Inc. Newsletter

March 2010 • Volume 2, Issue 3

WELCOME TO SILVERLAKE HOA NEWS

*Official Newsletter
of the Silverlake
Homeowners Association*

Silverlake HOA News is a monthly newsletter mailed to all Silverlake residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com, or you can email to silverlakenews@gmail.com. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



Silverlake Splashpad

The Silverlake HOA is pleased to announce the construction of a new neighborhood splashpad. Thanks to a very generous donation of \$195,000 by Brazoria County MUD #6, the Silverlake community will soon have a new splashpad to enjoy just in time for summer! The new splashpad will be adjacent to the Silverlake pool. On Saturday, January 23rd, 2010 a ground breaking ceremony was held with the MUD #6 Board, the Silverlake park committee and members from the Silverlake & Silvercreek Boards. Weather permitting, construction on the new splashpad will start in early February and should be completed in about sixty days. A special thanks goes to the MUD #6 Board - Rick King, David Anderson, Richard Skotak, L'Sheryl Hudson & Erich Bell. Without the MUD Board's generous donation, the splashpad would not have been possible.



View Pictures in Color Online at
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SILVERLAKE REC CENTER SPLASHPAD, TX, view 1

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Splashpad

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RELIANT ENERGY (ELECTRIC).....	713-207-7777
MUD #2 SEVERN TRENT.....	281-579-4500
MUD #3 & 6 SOUTHWEST WATER CO	
(formerly ECO Resources)	713-405-1750
BRAZORIA COUNTY ROADS & BRIDGES	
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For street sign concerns	281-756-1548
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MOSQUITO CONTROL	281-331-6106 EXT. 1532
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CALL BEFORE YOU DIG	800-245-4545
TEXAS DPS	713-681-1761

SILVERLAKE HOA INFO

C/O KHARA MATHEWS
 Planned Community Management, Inc.
 15995 North Barker's Landing, Suite 162
 Houston, Texas 77079
 KMathews@stes.com
 281-870-0585

HOA website: www.silverlakehoa.com/

NEWSLETTER INFO

EDITOR

To Submit Articles/News..... silverlakenews@gmail.com

PUBLISHER

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ARTICLE INFO

The Silverlake News is mailed monthly to all Silverlake HOA residents. Residents, community groups, schools, etc., are welcome to submit information. Personal news is also welcome. All submissions will be reviewed for content and approved by the Board of Directors and Newsletter Committee Chair. The deadline for submission is the 8th of the month before publication.

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to The Silverlake residents, limit 30 words, please e-mail silverlakenews@gmail.com.

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LET'S TAKE PRIDE

In Our Community

First impressions are so important, and the curb appeal of your home creates that first impression. There are simple things you can do to create an outstanding first impression. Here are just a few:

- Trim yard trees to at least six feet above the sidewalk area.
- Power wash the siding of your home to remove mildew and discoloring.
- Power wash sidewalks and driveways to remove excess dirt and stains.
- Refrain from storing trash cans, recycle containers, hoses and lawn chairs in the driveway.
- Trim shrubs so that address markers/numbers are visible from the road.

Let the HOA know if your neighbor is not doing their part in creating curb appeal with these simple steps. Silverlake should sparkle and we should all be proud of our community.

UPCOMING EVENTS

Around Town

EASTER EGG'S TRAVAGANZA

Date: March 20, 2010

Rain Date: March 23, 2010

Time: 10:00 a.m. SHARP!

Location: Centennial Park

For more info call 281-652-1673 or www.pearlandparks.com

PAWS IN THE PARK

Date: March 27-28, 2010

Time: 10:00 a.m. - 4:00 p.m.

Location: Pearland's Independence Park (3919 Liberty Drive)

FREE general admission for the event. Parking on-site. HEB's Pet & Owner Fun Run! Dock Dogs diving competition presented by Meadowlake Pet Resort! US Disc Dog Nationals! Flyball demonstrations! Contests! Activities, entertainment and more! For more info call 281-652-1673 or www.pearlandparks.com

SONRISE BREAKFAST

The entire community is invited to Pearland First United Methodist Church's annual Sunrise Breakfast on Saturday, March 27th. A pancake and sausage breakfast will be served at 8:30 a.m. Interactive activities are planned and include an Easter egg hunt and picture taking opportunities with the Easter bunny! So bring your Easter baskets and cameras! Tickets are available for purchase online at <http://www.fumcpearland.org/> or in the church office. Children tickets are \$4 and Adult tickets are \$5. FUMC, Pearland is located at 2314 N. Grand Blvd. For more information, contact the church office at 281-485-1466. Sponsored by First United Methodist Church and ONE Church Family Ministries.

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Don't wait, April 30th will be here before you realize it!

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ASK THE COACH

Dear Coach,

I try to eat healthy, but sweets are my downfall. How can I keep my sweet tooth in check?

Addicted to Sweets

Dear Addicted,

Your signature says it all. You can become addicted to sweets. I have many clients and family members that fall into this category. An addiction can be defined as the continued use of a substance despite its detrimental effects. A recent study with mice showed that mice will continue to press a button to get a sweet even when a shock is given to them.

Simple sugars have been shown to have a very detrimental effect on the bodies. This not only includes our waistlines but it has been shown to have an impact on cancer levels in the body. According to a recent study there is a linear relationship in the levels of simple sugars in a person's diet and getting breast cancer. Another study that watched cancer survivors over 11 years who reduced both simple sugars and stress in their lives had survival rates 68% higher than those that did not change their habits.

For those that are looking to lead a healthier lifestyle, I would look at simple sugars (i.e. high fructose corn syrup) as an addiction. Take a look at those that quit smoking or drinking. You need to look at how addictive you are. Can you have a dessert every once in a while or once you start it is a downward spiral? Are desserts worth the negative effects of weight gain, diabetes or cancer? It is time for you to take control of your addiction before it controls you!



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SILVERCREST ELEMENTARY

By Angela Dennis

Mark your calendars for our big spring fundraiser....the Fun Run & Pancake Breakfast is coming on March 27! This year's theme is "Rock Around the Block". Information on run registration will be coming soon. In the meantime, we are looking for sponsors (local businesses and families) for this event. Please contact Laura Wilson at 713-436-5006 if you are interested in sponsorship. We will also be in need of silent auction items (sports & concert tickets, vacation homes, etc...) There will be a student art contest for the t-shirt design. Proceeds from this event will go towards technology upgrades for our teachers.

We need pictures for the yearbook! Calling all parents and teachers, staff and family members who have taken pictures throughout the fall...please share your students' pictures with the yearbook so we may have an enriched album of all the fun activities that have taken place this year at Silvercrest. Pictures can be turned in on CD, Memory Stick, hard copy, or e-mailed to moebes514@att.net. You can send these with your child to school in a clearly marked envelope.

Save those juice pouches! The Environmental Committee will have a Juice Pouch contest the week of March 8-12. The PTA will earn 3 cents for every pouch turned in that week. The winning class will win the opportunity to plant a tree in the Outdoor Learning Center in April. The PTA Meeting in March will be an Environmental Night.

IMPORTANT DATES COMING UP:

- March 8—Disabilities Week; Juice Pouch contest
- March 10—Cold Stone Teacher Scoop Night
- March 27—Fun Run & Pancake Breakfast Fundraiser
- March 31—Fuddrucker's Night

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SPLISH-SPLASHING FUN

Submitted by Deborah Smith

Imagine a dog bounding off the dock with a look of pure joy and then splashing explosively into the water. Imagine the pure joy on the children's faces as the canine athlete's spray douses them as they stand at the end of pool. In fact, according to *USA Today*, dog sports are more fun to watch than even NFL Sunday. DockDogs®, the fastest growing canine sport in America, has arrived in Pearland with the opening of the first sanctioned training and competition facility in Texas. Throughout the year, the thrill of DockDogs will be happening right in our own backyard with competitions, seminars and open dock time.

The best part about DockDogs competitions is that it is an equal opportunity sport – anyone can participate. A dog and owner “team” can just show up, sign up and compete, and all breeds, including mixes, are welcome. Could the next champion be sleeping at your feet? Anything is possible!

Also called dock jumping or diving, a DockDogs competition requires a 40 foot regulation dock and a 40 foot pool or natural body of water. Dogs compete in three events: Big Air, Extreme Vertical and Speed Retrieve.

BIG AIR is simple and exciting. The longest jump off the end of the dock wins! The most popular of DockDogs events, competitors are split into divisions based on each dog's average diving distance. A wave is comprised of all contestants in a division.

EXTREME VERTICAL is an amazing sight. Dogs leap up to a bumper suspended 8 feet from the dock at heights moved up in increments. The bumper must be snatched cleanly or knocked into the water by the dog. The highest vertical jump wins!

SPEED RETRIEVE times a dog's swim to a bumper suspended at the far end of the pool. It's awe-inspiring to see the strongest swimmers “walk on water” to nab the target.

On March 27 and 28, Catch the Excitement at Pearland Paws in the Park. This National DockDogs event is sure to be action-packed fun for the entire family.



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A new Kelsey-Seybold Clinic is coming to your neighborhood in Pearland in March 2010, joining our Silverlake Clinic at 9430 Broadway Street. Kelsey-Seybold Clinic – Shadow Creek Ranch offers multiple medical specialties combined with laboratory, X-ray and ultrasound services.

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ANNOUNCEMENTS

Hoa Meetings

HOA meetings are held the 4th Tuesday of each month, 7:00 P.M. at the Recreation Center unless otherwise noted on the Silverlake HOA website. Meetings are open to members and your attendance and participation are encouraged!

Thinking Of Doing A Home Improvement?

Before making any improvements/repairs or additions to your home you must have A.R.C. Approval. Please visit www.silverlakehoa.com to obtain a home improvement form and A.R.C. Guidelines. As a reminder Silverlake CCR's prohibit stained or painted fences and portable basketball goals.

CALLING ALL

Bookworms!

The Silverlake Book Club meets on the second Thursday of the month at 7 p.m. in a member's home. We discuss a wide variety of books including literary and popular fiction, classic novels, and nonfiction works. If you are interested in joining us, please contact Millie at millie0117@aol.com.

Silverlake Stork Report

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PERSONAL FINANCE

The Year of the Roth IRA

This year rings in a new era for Roth IRAs. In 2010, anyone with an eligible rollover distribution from a company plan or IRA can convert that distribution to a Roth IRA, regardless of income or tax filing status. The \$100,000 income ceiling for Roth IRA conversions is permanently repealed, so “high-income” clients can now convert their IRAs. Married individuals filing separately can also now convert.

It's true that contributions to Roth IRAs still face income caps. But you can make nondeductible contributions to traditional IRAs, which can be immediately converted to Roths (the pro rata rule will apply).

Who can convert? Traditional IRA owners (individuals with SEP IRAs and SIMPLE IRAs) can do Roth conversions. Just watch for the early distribution penalty from a SIMPLE IRA, in the first two years. Plan participants in 401(k)s, 403(b)s and 457 plans can also do Roth conversions as long as they're eligible to take a distribution from the plan, and the funds are eligible for rollover to an IRA. See if a plan allows in-service distributions, so funds can be converted now instead of after a client stops working. Spouses who inherit IRAs have special rules.


But the big question is: Should you convert? Here are some questions which need answers to help you make the decision: First, how long will you intend to keep the funds in the Roth once converted? Since the power of the Roth is its ability to grow the funds tax-free, less than 10 years is not worth it.




Next, will you need the funds in retirement? Roth IRAs have no required minimum distributions (RMDs). So if you won't need their IRAs for living expenses in retirement you can leave these accounts untouched, passing their income tax-free Roths to beneficiaries. Also, do you believe future tax rates will go up? If tax rates will be increasing, it pays to convert now at lower rates. Moreover, some account values are still depressed, adding to the tax savings on a Roth conversion. If you believe you'll be in a lower tax bracket in retirement, you might want to stay put and not convert. Lastly, can you pay the tax? Even if conversion makes sense, you still must have the money to pay the income tax on the conversion.

If you're still not sure, consider a partial conversion. The Roth conversion isn't all or nothing. You can convert part of an IRA or plan to a Roth. Another way to hedge bets is to undo the Roth conversion. It's called a recharacterization, which is a reversal of all or part of the conversion. Check with your financial pro or CPA before converting.

- Submitted By Rich Keith





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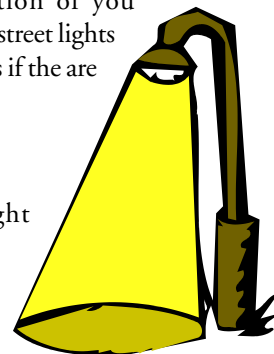
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- Dial (713) 207-2222
- Choose a language preference
- Selection option "4" (for street light outages)
- Provide the 6 digit number (located approximately 5 feet up the pole), street name and closest address



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Meet Devion (7/02)

Devion is only little in physical size. He is convinced he is the biggest kid around and that he can do anything anyone else can do. This little man lights up any room he enters with his smile and personality. Devion loves attending church and enjoys singing in the children's choir. Devion loves playing with other people of any age but he plays in the manner of a child age 4 to 6. He is showing progress in being able to play independently. Devion loves to do almost anything outside. He loves to swim, ride bikes & scooters, play baseball, basketball & football and has even recently tried to water ski! Devion has played 4 seasons of t-ball and one season of basketball since living in our home and loves telling everyone about it. While Devion has wonderful gross motor skills he struggles with his fine motor skills. While Devion has made much progress emotionally he continues to receive weekly therapy to work on social skills and impulsivity.

Devion is very loving and affectionate. He enjoys being with others and would do well in a loving, structured, active home of any ethnic make-up as an only or youngest child.

For more information on Devion or on adoption contact Grace Lindgren at the Adoption Coalition of Texas 512-810-0813 or gracelindgren@adopttexas.org



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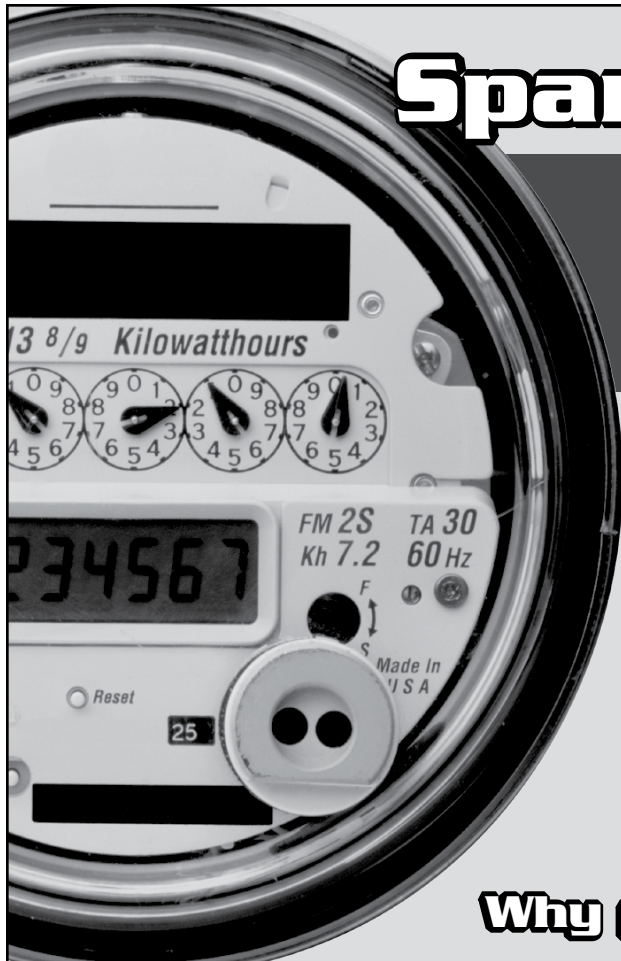
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Battling Boredom

ARE YOU FINDING IT DIFFICULT TO GET

out of bed in the morning for your daily walk and making up excuses to skip the gym on the way home? Even the most dedicated exercisers occasionally get bored with their routine. Waning motivation, cutting workouts short and not having your old enthusiasm all are signs of a stale exercise regimen.

Quick Fix

First, evaluate your current routine to determine what really bores you. A new variation on your favorite activity — such as cardio-funk or kickboxing instead of step aerobics, or hoisting free weights instead of working on machines — may be enough to reinvigorate a stale routine.

If you've always worked out indoors, logging miles on a treadmill, stairclimber or stationary bike, move your workout outside for a welcome change of scenery. Run, hike or bike on trails; swim in a lake or ocean.

Bigger Changes

When tweaking your routine isn't enough, make bigger changes. Take up an entirely new activity — especially something you never thought you'd do. If you've always stuck to solitary pursuits, sign up for a team sport, such as volleyball, basketball or even doubles tennis. Or tackle something you've always shied away from — indulge your thirst for adventure with a rock-climbing class (start on an indoor wall, then move to the real thing as your skills improve).

Good Company

Working out alone often is an oasis of solitude in a busy day, but maybe you need some company. Exercise companions add a social element to any routine. Ask a friend to be your workout partner—you won't skip a workout if someone is waiting for you.

Just about every sport or activity has a club; to find one, ask around at gyms or local community centers. Keeping up with the crowd also means you'll be challenged to improve your skills. Ask about organized workouts and fun runs offered by local track clubs, as well as group rides hosted by cycling clubs.

Challenge Yourself

Many exercisers work out simply to stay in shape, and most of the time that's just fine. But setting a goal, such as

finishing a 10K race or completing a rough-water swim, will give your daily workouts more meaning.

Start by incorporating bursts of speed into your workouts. After a gentle warm-up, alternate a fast pace with a slower one for recovery. This can be as simple as sprinting to the next tree, or as structured as running intervals on a track or sprinting laps in the pool.

Add Variety

Elite triathletes pioneered the cross-training concept, and it works for the rest of us, too. If you usually focus on one activity, substitute another a few days a week. Ideally, any exercise program includes elements of cardiovascular exercise, weight training and flexibility.

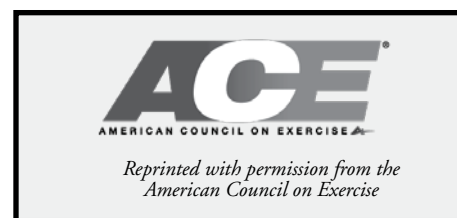
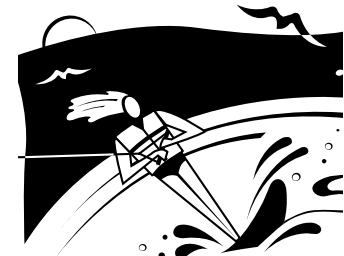
New Toys

Small exercise gadgets aren't necessary, but they can make your workouts more fun and challenging. Heart-rate monitors, aquatic toys and safety equipment are just a few items to consider. Find out which new training gadgets are available for your favorite activity.

Take a Break

Sometimes you really do need time off. In that case, cut back on your usual routine, and substitute other activities. You might even find one that you enjoy more than your old favorites.

Once you've fought your first battle with boredom, you'll know the tricks to keep exercise from becoming too routine. Trying new sports, new classes and new activities — and learning how to throw a little variety into old favorites — can help you overcome the nagging inclination to devise those creative excuses for not working out.



*Reprinted with permission from the
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Peel, Inc.

COMMUNITY NEWSLETTERS

Recipe of the Month

Broccoli Casserole

Ingredients

- 1 package frozen broccoli
- 1 cup cooked rice
- ½ cup chopped celery
- ½ cup chopped onion
- 1 small jar Cheese Whiz
- 1 can cream of chicken soup
- 1 can cream of mushroom soup

Directions

Place rice in greased casserole dish.
Saute onions and celery. Cook broccoli until crispy tender.
Combine vegetables, soups, and cheese. Pour over rice. Bake at 375° until bubbly.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

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Sudoku

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2			8		5		1	9
			1					
				8				
7						6		4
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