

Silverlake Has a New Park!

The residents of Silverlake now have a new park in the neighborhood thanks to a generous donation made possible by the Brazoria County MUD 3 Directors, Mark Clark, Laura Schrum, Karl Bernard, Sherri McElwee, and Jeffery Moore. What started as a single swing set given to us by Silvercreek has now grown into a great park for the entire family!

The park is located on CR 101/Bailey Rd in the Stonebridge neighborhood. The play area has two different age appropriate structures, one for the 2 to 5 year olds and another for the 6 to 12 year olds. In addition, we've got swings, rockers and the only X-Wave in the area. If you don't know what an X-Wave is, you have to come down to check it out.

We've also put in a pavilion with picnic tables and benches, shaded seating areas and bike racks and a 36 car parking lot. There is also a soccer field with permanent goals and our very own baseball field. You can reserve either field for team play at the official Silverlake website at www.silverlakehoa.com. Just click on the Community Amenities tab and look for Stonebridge Park Reservations.

Now that the nice weather is here, pack up the kids, put a leash on the dog, bring a lunch and enjoy a day in the park! Please remember to clean up after yourself and your pets to keep the park family friendly. Can you think of a better way to spend the day?









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Silverlake

IMPORTANT NUMBERS

BRAZORIA COUNTY SHERIFF
POISON CONTROL
CENTERPOINT ENERGY (GAS)713-659-2111
Report streetlights out713-207-2222
(street lights need 6 digit pole #) www.centerpointenergy.com/outage
RELIANT ENERGY (ELECTRIC)
MUD #2 SEVERN TRENT
MUD #3 & 6 SOUTHWEST WATER CO
(formerly ECO Resources)
BRAZORIA COUNTY ROADS & BRIDGES
(street and curb repairs)
(street and curb repairs)
For street sign concerns
For street sign concerns 281-756-1548 WASTE MANAGEMENT 281-487-5000
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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

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PUBLISHER

Peel,Incwww.peelinc.com, 888-687-6444 Advertising@peelinc.com, 888-687-6444

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.

HALLOWEEN Decorating Contest

The Silverlake HOA is proud to sponsor the 3rd Annual Silverlake Halloween Decorating Contest. Show your Halloween spirit and decorate your home. Who has the spookiest home in Silverlake? If you would like to have your home judged, please submit your name, address and phone number to Silverlakehoa@gmail.com by October 18th, 2010. Judging will take place at Midnight, Wednesday, October 20th. The lucky winner will receive \$100 cash prize and a yard sign identifying their home as the winner.

RESULTS!

In Real Estate 2010

Selling? For my Sellers,

l negotiated some of the <u>HIGHEST</u> price per square foot sales in Silverlake and Shadow Creek Ranch in the last 12 months!

Buying? For my Buyers,

I negotiated one of the <u>LOWEST</u> price per square foot sales in the history of Silverlake, and got the sellers to put on a new roof!

Over 30 years experience working for my clients!



Fred Loden

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Silverlake

SILVERCREST ELEMENTARY

Silvercrest has an eventful October with its Retail Partner Program. Please join us at Chick-fil-A from 4 to 10 p.m. on Thursday, Oct. 7th. Remember to mention that you are with Silvercrest Elementary and 20 percent of your order will be donated back to the PTA. Please also dine at Gringo's in Pearland Town Center on Tuesday, October 26th. The event will run all day long and is good for carry-out or dining in the restaurant. Make sure and bring your flyer to give to your server and 20 percent of your meal will be donated back to the PTA. Flyers are also available on our website at www.silvercrestpta.org.

BOX TOP COMPETITION

It's officially fall and that means it is time for our Fall Box Tops Contest, which runs from Oct. 1 -15, 2010. Please send your Box Tops, Campbell's Soup labels and Tyson Chicken labels to school with your child. The homeroom class from each grade that submits the most items will win a treat party!

MACY'S SHOP FOR A CAUSE

Macy's Shop for a Cause will be held on Saturday, Oct. 16. Tickets to the event are \$5, with 100 percent of proceeds benefitting Silvercrest

PTA. Ticket buyers receive special discounts at all Macy's and on macys.com. If you still need a ticket, please contact Laura Wilson at LonghornLaura@comcast.net.

VOLUNTEERS NEEDED

The Silvercrest PTA has many volunteer opportunities available. Do you have 30 minutes to read to a child each week? You can make a difference by becoming a "reading buddy" in the Silvercrest Student Tutorial Enrichment Program. ("S.T.E.P.") We are looking for parent and community volunteers for one-on-one tutoring with first grade students. If you are interested, please contact Stefanie Gilman at skgilman@hotmail.com.

JOIN THE PTA

Finally, don't forget to join the PTA. Our goal this year is to have 500 members in the Silvercrest PTA. Your membership helps the PTA fund various programs throughout the year, such as Arts in Education, student tutoring, accelerated reading and disability awareness. Membership dues are only \$7 and both parents can join.





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Silverlake

THE NEED For a Pearland Westside Library

DID YOU KNOW:

The average number of books for Brazoria County is 6 books per person; Pearland's average is only 3 books per person?

The average driving time for West Pearland residents to a full service library is almost double that of any other library in the county?

NOW WHAT'S THE GOOD NEWS?

The Friends of Pearland Westside Library was reorganized on August 24, 2010. The new officers are Theodore Odom, President; Rod Miller, Vice President; Dorothy Sacks, Secretary; and Vicki Milana Odom, Treasurer.

We are currently looking for volunteers to staff committees on fundraising, membership, event planning, public relations, and governmental relations. If you are interested please call 832.455.7890.

OUR GOALS

We have been successful in establishing the library sub-station located in the Westside Community Center. It has been at or above capacity since the day the door opened. Our next goal is to establish a store-front library of about 5,000 square feet. Our end goal is to establish a full sized library just west of Highway 288 and FM 518. The City of Pearland and Brazoria County share the cost of these libraries and we are grateful for all the support they have given us. They have given us everything possible within budget constraints.

WHAT CAN YOU DO?

Become a member of the Friends of Pearland Westside Library. Our meetings are at 7 p.m. on the 2nd Tuesday of each month at the Nolan Ryan Junior High School located on Shadow Creek Ranch Parkway. Your children need your help in supporting the building of a full-service library in West Pearland.



NATIONAL NIGHT OUT

The "27th Annual National Night Out" (NNO), a unique crime/ drug prevention event sponsored by the National Association of Town Watch (NATW), will be celebrated in Texas on October 5th, 2010 (other parts of the country celebrated in August).

NATIONAL NIGHT OUT IS DESIGNED TO:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police-community partnerships; and
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.
- Along with the traditional display of outdoor lights and front porch vigils, cities, towns and neighborhoods 'celebrate' NNO with a variety of events and activities such as:
- block parties,
- cookouts,
- visits from local police and sheriff departments
- parades, exhibits,
- flashlight walks,
- contests, and
- youth programs.

NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for a safer nation. Plus, the benefits your community will derive from NNO will most certainly extend well beyond the one night.

For information or to register for a neighborhood block party call Captian Richard Foreman (Brazoria County Sheriff's Department) at 281-756-2252, or email at Richardf@Brazoriacounty.com.





COMMUNITY NEWSLETTERS

Blackhorse Ranch Bridgeland **Coles Crossing** Copperfield Cypress Mill **Cypress** Point **Eagle Springs Enchanted Valley** Fairfield Fairwood Harvest Bend The Village Heatherwood Village Lakemont Lakes of Fairhaven Lakes of Rosehill Lakes of Savannah Lakes on Eldridge Lakes on Eldridge North Lakewood Grove Legends Ranch Longwood **Oak Forest Riata Ranch** Shadow Creek Ranch Silverlake **Steeplechase** Stone Gate Summerwood Village Creek Villages of NorthPointe Willowbridge Willowlake Willow Pointe Winchester Country Winchester Trails Windermere Lakes Woodedge Village Wortham Villages

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MOMS Club ®

Ever feel like you're the only person dealing with the unique issues that mothers face? You are not alone! Come meet other mothers at the MOMS Club!

The MOMS Club is an international, non-profit organization with 1,800+ chapters in seven countries. We are just for you, the mother of today!

Local chapters have monthly meetings with speakers and discussions, park play days, holiday family parties, outings for mothers and their children, and activity groups such as playgroups, arts and crafts, a monthly MOMS night out, and babysitting co-ops. We also do service projects that benefit children. Mothers may bring their children with them to our activities! While many of our members are at home mothers, the MOMS Club is open to all mothers.

FOR MORE INFORMATION CONTACT: wcpearlandmomsclub@yahoo.com www.momsclub.org



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ASK THE COACH

Dear Coach,

My foot hurts when I run. I have tried several different pairs of shoes and it still hurts. What can I do?

Looking for the Runner's High

Dear Runner,

There are many different misconceptions out there when looking at foot pain (or any pain when running). About 1-2 percent of the population may require orthotics. I say may because the number has been going down over the years as we have had advances in research. Unfortunately, the research is the reverse of what many people think. If you have persistent pain, you should find an orthopedist who may be able to diagnose if you have a fracture or some other issue.

Side note: Since the early seventies, increases in foot and knee injuries have increased. This coincides with the invention of the running shoe. As more technology has gone into the shoe, we have actually changed the way we run that puts more pressure on the legs since runner are more prone to land on their heels which then increases the amount of force that is put into the foot, knee, back, etc. Not only do we land on our heels, but we have also started running more straight up with puts additional stress on the body. Every piece of research that I have seen with shoes have shown that \$40 shoes have less injuries associated than \$100+ shoes. In the book, Born to Run, a



researcher challenged major shoe companies to provide him evidence that their shoes decrease injuries and none of them provided it.

Many of my clients have gone to a Vibram FiveFinger shoe that looks like a glove and has no support and just protects the foot from things like broken glass. Not only has their running form become more efficient, but they have less pain when they run.

I will provide the following challenge: If anyone can provide me any research from a reputable source that shows that their shoe decreases injuries, I will reward that person with a travel exercise kit!

Submit your fitness/athletic questions to the Coach at silverlakenews@gmail.com.



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Silverlake

HEALTH BRIEFS

TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine.

When children with asthma are exposed to smoke, medications don't work as well and flare-ups or attacks can be more severe, said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and medical director of the Texas Children's Health Plan at Texas Children's Hospital.

"Our best medications to treat asthma are inhaled steroids that go down the breathing tube and tell the breathing tubes to 'chill out, act like you don't have asthma,'" said Farber. "Smoking irritates the breathing tubes and reduces the benefit of this important asthma control medicine." If your child has asthma and you are a smoker, Farber said it's critical for the child that the parents get their tobacco dependence treated. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

TEENS NEED PROTECTION FROM 'SEXTING'

Note-passing has gone electronic for today's teens and includes a form of flirting known as "sexting" that can have unwanted and even dangerous outcomes, according to an expert on teen sexual health at Baylor College of Medicine.

Sexting refers to sending sexually explicit text messages and photographs over a cell phone. Teens also use social media sites like Facebook and Myspace as well as instant messaging to communicate things of a sexual nature.

(Continued on Page 9)



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Health Briefs - (Continued from Page 8)

Teens and adolescents are urged not to engage in this behavior, said Dr. Peggy Smith, director of the Baylor Teen Health Clinic.

Sexting should become a routine part of parents' conversation with their children about sexual health, along with topics like sexually transmitted infections and condom use, Smith said. Parents need to convey that sexting, although sent as a private message to someone, may not remain private and can have consequences on future college and job searches.

Internet and cell phone use should be monitored by parents, just as they monitor their children's use of a vehicle, Smith said.

ACNE FREE DOESN'T MEAN CLEAR SKIN

Once a blemish or acne clears it may leave behind a not-so-friendly reminder in the form of a scar or discoloration. These may be treated with lasers and fading creams, but dermatologists at Baylor College of Medicine say prevention and time are the best ways to handle the problem.

Markus said skin tone and how a blemish is treated can contribute to what type of mark is left behind, which is why prevention is the first step to keeping the skin clear, said Dr. Ramsey Markus, assistant professor of dermatology and director of the Laser Center at BCM. If more than just regular washing is needed to control acne, some topical or oral medications can be given. Markus also uses laser or light therapies to target the glands that are responsible for developing blemishes. For more information visit www.bcm.edu/ dermatology/.

TAKE CARE OF YOUR COLON

Did you know colorectal cancer is one of the top three causes of cancer deaths in men and women?

Warning signs of colorectal cancer can include fatigue, lightheadedness, rectal bleeding, abdominal pain and weight loss. But a diagnosis before symptoms occur results in better outcomes.

Routine screening starting at age 50 (or earlier for people who at higher risk based on their medical or family history) is recommended by physicians at Baylor College of Medicine. To set up a screening appointment at Baylor Clinic, call 713-798-0950.

Colorectal cancer outcomes, both localized and metastatic (once the cancer has spread), have significantly improved over the last several years because of more effective chemotherapy, novel surgical approaches and well-coordinated, multidisciplinary care.



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