



Keeping Up With The Joneses

There is a certain “look” to the homes in Silverlake; the homes here have the same general appearance, similar landscaping and run about the same size in each of the neighborhoods. However, that’s where the “look” ends. Most of the residents here keep their lawns looking great; the lawns are manicured, green and lush. However, some homes need a little extra help. Here’s how you can keep your lawn looking just like everyone else’s.

First and foremost – homeowners should have their lawn cut on a weekly basis during the hot summer months. Mowing should include edging and weed whacking for those hard to reach areas. According to the CC&Rs: “Grass, vegetation and weeds on each Homesite shall be cut as often as may be necessary to maintain the same in a neat and attractive condition. Grass growing onto or over sidewalks, driveways, and curbs shall be presumed to be unattractive.”

Second, it’s important to remember that the sidewalks surrounding your home are your responsibility. If there is grass growing in the expansion joints, just put a little Round Up on it. You should also do the same with any grass that should grow in the expansion joints of your driveway. It’s amazing how this little effort will change the look of your property.

Next, please be sure to weed your flower beds regularly. Get the whole family involved! Kids can enjoy helping mom and dad in making the family home a thing of beauty.

Finally, please be sure to sweep up all of the grass clippings. You can sweep them back on your lawn to use as compost, or you should dispose of clippings in the trash. Please don’t ever put the clippings down the sewers; this will only cause the sewers to clog up, which can result in flooding during severe weather.

All of the above items will not only help you in meeting the maintenance guidelines of the CC&Rs, it will help to beautify Silverlake and maintain our property values.

National Night Out Tues Oct 4, 2011

The “28th Annual National Night Out” (NNO), a unique crime/drug prevention event sponsored by the National Association of Town Watch (NATW), will be celebrated on Tues Oct 4th, 2011 (other states besides TX celebrated on Aug 2, 2011). This year’s theme is “Neighbors Knowing Neighbors.” 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 neighborhood will derive from getting together on NNO will most certainly extend well beyond one night. Please go to <http://www.silverlakehoa.com/> to find the NNO event for your neighborhood, or to post your event.

NATIONAL NIGHT OUT IS DESIGNED TO

- Heighten crime and drug prevention awareness
- Generate support for, and participation in, local anti-crime programs
- Strengthen neighborhood spirit and police-community partnerships
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.

Silverlake News would love to showcase your NNO event photos in the November newsletter! Please send them, along with your subdivision and/or street name, to SilverlakeNews@gmail.com.

—Have fun!—

HALLOWEEN Decorating Contest

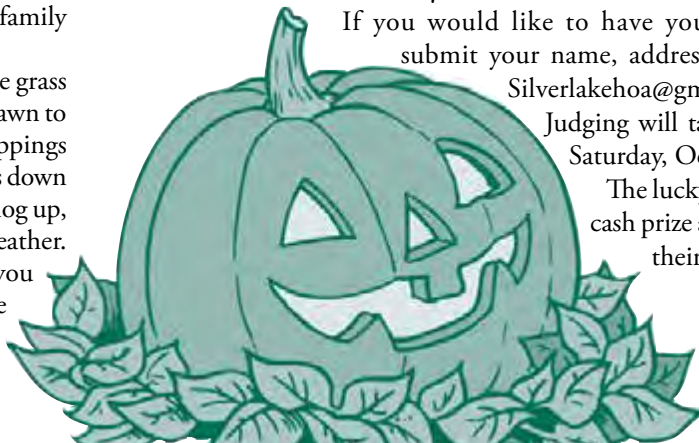
The Silverlake HOA is proud to sponsor the 4th Annual Silverlake Halloween Decorating Contest. Show your Halloween spirit and decorate your home.

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 20.

Judging will take place at midnight on Saturday, October 22.

The lucky winner will receive \$100 cash prize and a yard sign identifying their home as the winner.



Good
Luck!

IMPORTANT NUMBERS

BRAZORIA COUNTY SHERIFF 281-331-9000
POISON CONTROL..... 281-654-1701
CENTERPOINT ENERGY (GAS)..... 713-659-2111
Report streetlights out 713-207-2222
(street lights need 6 digit pole #) www.centerpointenergy.com/outage
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
(street and curb repairs) 281-331-3197
For street sign concerns 281-756-1548
WASTE MANAGEMENT..... 281-487-5000
MOSQUITO CONTROL..... 281-331-6106 EXT. 1532
EMERGENCY..... 911
(always use if life or property are at risk)
NON-EMERGENCY..... 281-331-9000
ANIMAL CONTROL..... 281-756-2265
CALL BEFORE YOU DIG 800-245-4545
CABLE/INTERNET/PHONE...COMCAST..713-341-1000

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/

Clubhouse Rentals contact Leslie Coffee lcoffee@stes.com

NEWSLETTER INFO

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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.

Silvercrest Elementary News

DINING FUNDRAISERS IN OCTOBER

The PTA has organized two dining fundraisers in October. On Thursday, Oct. 13, Chick-Fil-A will host a restaurant event from 4 to 10 p.m.. Please tell the cashier or

drive-thru attendant that you are with Silvercrest. Also, on Tuesday, Oct. 25, Gringo's will host an all day fundraiser. You must present the flyer to the server or take-out representative.

VOLUNTEERS NEEDED

Calling all parents, grandparents and neighbors! Do you have 30 minutes once a week to help a first grader boost their reading skills in the «Reading Buddy» program or S.T.E.P.? No experience is necessary, as training will be provided. Please contact Stefanie Gilman at sgilman@hotmail.com for more information.

UPCOMING REFLECTIONS CONTEST

The PTA's Arts in Education Committee is excited to announce this year's Reflections contest. The theme is «Diversity Means...». Silvercrest Elementary students will have the opportunity to participate in three categories this year: (1) literature, (2) photography, and (3) visual arts. Information and forms have been sent home in your student's Thursday folders. Entry forms and more information also are available online at www.txpta.org/programs/reflections. The deadline for all entries is Friday, Nov. 4, 2011. Winners in each category will be selected to represent Silvercrest at the district competition.

OTHER UPCOMING EVENTS

During October, the PTA will observe «Bus Driver Safety Week» from Oct 17 to Oct. 21. Also, during the week of Oct. 24-28, the school will observe Red Ribbon Week. More information on various Red Ribbon Week activities will be sent home with students.

For more information about Silvercrest Elementary PTA, please visit our website at www.silvercrestpta.org.

NOT AVAILABLE
ONLINE

SILVERLAKE ELEMENTARY OCTOBER EVENTS

DATE	EVENT
5.....	Early Release at 1pm
5.....	Chick-fil-A Spirit Night
6-7	Fall Book Fair preview
10.....	NO SCHOOL (Staff In-Service)
11-14	Fall Book Fair
11.....	PTO Exec. Board Mtg. at 7pm
14.....	October Birthday Bash (lunch)
17.....	Book Fair Closes at 12pm
19.....	4th Grade Music Program at 9am
20.....	Progress Reports
20.....	General PTO Mtg. at 7pm
20.....	4th Grade Music Program at 7:30pm
21.....	*Fundraiser Product Pick-Up, 1-7pm*
24-28	Red Ribbon Week
24.....	Gringo's Spirit Night
27.....	Fall Family Movie Night (TBA)
28.....	Storybook Character Dress-Up Day
.....	(Dress Code Release)
28.....	Storybook Character Parade at 1:45pm

To keep up to date, "Like" our Silverlake PTO Facebook page at <http://www.facebook.com/SilverlakePTO>

Talk with Your Children about Bullying

The beginning of each new school year is a good time for parents to sit down and discuss bullying with their children. Here's a little quiz to take as a whole family so that you can discuss the answers together.

- Is there a boy or girl (or maybe more than one) whom you've repeatedly shoved, or punched or physically pushed around in a mean way just because you felt like it?
- Have you hurt someone you don't like?
- Have you spread a nasty rumor about someone in conversation, in a note, or through instant messaging or email?
- Do you or your friends regularly keep one or more kids from hanging out or playing with you?
- Have you teased people in a mean way, calling them names, making fun of their appearance, or the way they talk or dress or act?
- Have you been part of a group that did any of these things – even if you only wanted to be part of the crowd?

If your child answers yes to any of these questions, it's time to explain to them how this type of behavior causes other kids a lot of pain, and how it can affect their ability to do well in school or in their general happiness. Remember, we as parents have a responsibility to bring our children up in such a way that they will become contributing members of society.

Join us for our 1st Annual Fall Festival and Open House

At Pearland Pet Health Center

Saturday, October 22nd, 1:30pm – 5:00pm

Meet our Doctors and our Staff.

See what our Clinic looks like "Behind the Scenes".

This event is Free, Open to the Public, and will be held Rain or Shine.

Pet Adoptions will be held on site, provided by Bunny Buddies, Pup Squad, Red Collar Rescue and Pearland Animal Control

FREE!

* Hot Dogs * Snow Cones *
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* Prizes * Giveaways *

\$1.00

* Raffles *
* Engraved Pet Name Tags *
ALL proceeds donated to Red Collar Rescue,
Pup Squad, Bunny Buddies and Pearland
Animal Control

For more info on our festival and our clinic:

www.pearlandpethealthcenter.com

Ph: (713) 436-2555

Bring this ad in and you will get \$10.00 off your first visit! (For New Clients Only)

Event held at:

Pearland Pet Health Center
10525 Hughes Ranch Road
Pearland, TX 77584

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and 2 restrooms



Contact: **Trent Grothues**

(281) 745-3536

tgrothues@pollanhausman.com



Rogers Middle School - October News

Rogers Middle School is off to a great start! We welcome all our teachers, staff and students back, and look forward to this being a fantastic school year! Be on the lookout from the PTA on fun ways to get involved this year. If you haven't already joined the PTA, please do so that you will receive the updates and emails about the events, contests and other news going on in our school.

We encourage your student to participate in this year's Reflections contest! The theme this year is "Diversity Means..." There are five different categories—Photography, Literature, Film Production, Musical Composition, Visual Arts and Dance Photography. Information and entry forms are available at the information table at Rogers or online at <http://www.txpta.org/programs/reflections>. All entries are due October 21. Winners in each category will be chosen and will represent Rogers at the district level competition.

OCTOBER REMINDERS

Friday, October 21 Reflections Contest Entries due

Wednesday, October 26 Delivery of Fundraiser Items

.....All products will be delivered on this date.

.....Please make arrangements to pick up your orders.

Thursday, October 27 Rogers Spirit Night at Spring Creek BBQ

Fall Box Tops Contest coming soon!

WEST PEARLAND Republican Women

The West Pearland Republican Women will hold their next Regular Meeting on Thursday, October 6, 2011 at the Spring Creek BBQ located at 9005 Broadway, Pearland TX 77584. There will be a meet and greet at 6:30pm followed by the meeting at 7:00pm. The speaker for the evening is Rebecca Bradford, President of the Texas Federation of Republican Women (TFRW). She will be speaking on what is happening in the Republican Party throughout Texas, the value of being involved politically with Republicans at the state level and the National Republican connection. The community is welcome to attend. You may also visit us at www.wprw.org.

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NEWS RELEASE

DATE: SEPTEMBER 1, 2011

Kids' Backporch Productions Presents "The Hobbit"

Kids' Backporch Productions, Pearland's only youth theatre, is presenting "The Hobbit". The production opens Friday, October 14th and plays three times through October 16th at the Bailey Road Facility, 4717 Bailey Road. There is a cast of about 35 child and youth actors. Tickets are \$12 for adults and \$6 for youth and seniors, 65+. For more information, call: 281-412-5350 or click kidsbackporchproductions.org. Come support the arts and our youth in Pearland!



Contact: Founder and Director,
Ron Solomon - 281-412-5350
Kids' Backporch Productions
Info@kidsbackporchproductions.org
kidsbackporchproductions.org

STEEL MAGNOLIAS

OCTOBER 7-30, 2011

The Pearland Theatre Guild presents Steel Magnolias at the Earnest Holley Memorial Theater. This wildly popular story of six Louisianan women who share the bonds of life, laughter, joy, and pain will delight audiences and bring "laughter through tears."

Productions run weekends through October 30th with specially priced \$10 Thursday shows. Thursdays at 7:30PM, Friday and Saturday at 8:00PM, and Sunday matinees at 3PM. Tickets range from \$10-16.

The Earnest Holley Memorial Theater is located at 326 Fellows Road, Houston, TX 77047. Free parking is available at the intersection of Almeda School Road and Fellows Road. Due to extremely limited seating, reservations or advanced ticket purchase is strongly recommended.

The Pearland Theatre Guild is a semi-professional performing arts organization serving the greater Pearland area. For more information, please visit www.pearlandtheatreguild.com or call (713) 340-2540.

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**Sundays at Pearland ISD
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Worship Leader - Peter Scafidi

Worship Leader - Haley Brown

Fellowship - 9:00 am • Education - 9:30 am

Worship - 10:30 am

Become A "Reading Buddy"!

*Volunteer for the Massey Ranch Elementary School
Student Tutorial Enrichment Program ("S.T.E.P.")*

YOU can make a difference in a child's life by becoming a "reading buddy" in the Massey Ranch S.T.E.P. program. S.T.E.P. needs volunteers (parent and community) for weekly reading enrichment sessions with first grade students who would greatly benefit from extra one-on-one reading time. All we ask is 30 minutes of your time each week, no experience is necessary. Reading buddies will be matched with students within two weeks after training sessions.

WHO DO I CONTACT TO BECOME INVOLVED?

*Norma Trabulsi
(281) 352-0988,
rabulsin2@yahoo.com*

*Wendy Heath
(713) 210-9565,
wendywatson@yahoo.com*



Pearland Theatre Guild

**2011-2012 SEASON
OPEN HOUSE
OCTOBER 9, 2011**

Join the Pearland Theatre Guild for its 2011-2012 season open house at the Hilton Garden Inn on October 9, 2011 from 4-7PM. Come enjoy complimentary refreshments, theatrical performances, live music, raffles, and a silent auction, as well as meet the cast of the upcoming production of Steel Magnolias. The Hilton Garden Inn is located at 12101 Shadow Creek Parkway, Pearland, TX 77584. This event is FREE to attend, but you must pre-register to receive a ticket. Get tickets at www.pearlandtheatreguild.com. Space is limited, so please get your FREE tickets today!



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BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

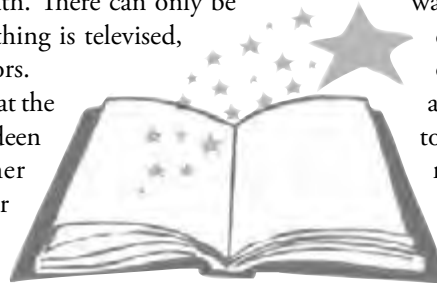
Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>



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Target Heart Rate Range for Cardiovascular Exercise:

DO YOU KNOW YOURS? - By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A few things to remember about calculating target heart-rate range (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions**

like pregnancy, health issues, and some medications can affect your heart rate.

- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is $220 - \text{your age}$.

Calculating your target heart-rate range:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$
(low end of THRR)

$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$
(high end of THRR)

— Step 1 —

Calculate your resting heart rate.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— Step 2 —

Determine what training zone you will use based on your current level of fitness.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

(Continued on Page 9)

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Target Heart Rate....- (Continued from Page 8)

— Step 3 —

Calculate your target heart-rate range using the Karvonen formula.

— Step 4 —

Learn how to use this heart-rate range regularly in your cardiovascular workouts.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

Follow these steps for success:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count,

as this would equal 130 – 170 beats in a minute, which aligns with her THRR.) – She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.

- Practice and learn to take your pulse properly. Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
 - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
 - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
 - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.



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HEALTH BRIEFS - OCTOBER 2011

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. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. 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.

VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the healthy bone equation but studies show that

it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they

have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.

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