

Silverlake

news

Silverlake Homeowner's Association, Inc. Newsletter

November 2011 • Volume 3, Issue 11

Neighborhood COMMITTEE & REP ELECTIONS

The Silverlake HOA will hold elections for Neighborhood Committees and Representatives. The HOA is divided into 18 "neighborhoods" (12 residential and 6 commercial), each of which elects a 3 member committee, of which the person receiving the most votes becomes the Neighborhood Representative. The Committee serves a term of 2 years. The Rep's duties include attendance at the Association meetings requiring Representative attendance and casting of the number of eligible votes allotted to the Neighborhood he or she represents for any Association matter or issue requiring a vote by the members. Aside from this, the Rep and Committee positions are what the committee members make of them. This can be a very useful position. If you'd like to take a more active role and become a part of the inner workings of the HOA, please submit your name, address, and bio to silverlakehoa@gmail.com.

For more information on the HOA structure, including election and terms for Neighborhood Committee members, please refer to the Amended & Restated By-Laws found in the Documents section of the HOA website, www.silverlakehoa.com.

TEN REASONS TO VOLUNTEER for the Community

- Protect your self-interests. Protect your property values and maintain the quality of life in your community.
- Correct a problem. Has your car been towed, or do you think maybe maintenance has been neglected?
- Be sociable. Meet your neighbors, make friends, and exchange opinions.
- Give back. Repay a little of what's been done for you.
- Advance your career. Build your personal resume by including your community volunteer service.
- Have some fun. Association work isn't drudgery. It's fun accomplishing good things with your neighbors.
- Get educated. Learn how it's done—we'll train you.
- Express yourself. Help with creative projects like community beautification.
- Earn recognition. If you would like a little attention or validation, your contributions will be recognized and celebrated.
- Try some altruism. Improve society by helping others.

We Don't Need You Please do not volunteer to help the association or serve on any committees. Here's why:

- It's a giant, scary responsibility. Your neighbors will blame you for everything.
- All your free time will disappear, and you'll become enslaved to the association.
- You'll have to work with bombasts, dictators, figureheads, and puppets.
- You'll never have any fun ever again.

Besides . . . there's no real reason to get involved; the community is in fine shape we don't need you. NOT

NNO - A Success!

National Night Out (NNO) 2011 was celebrated by on Tues Oct 4 by at least 12 Silverlake neighborhoods including Cambridge Cove, Estates at Lakepointe, Fairway Village, Fieldstone, Gardens, Meadowview, Parkside, Springbrook, Stonebridge, Waterbury, Weatherford, Woodbend, and even Townhomes!

With gatherings in neighborhood cul de sacs and streets, residents came out to socialize with neighbors new and old while enjoying food and drinks. The Pearland Police Department, Brazoria County Sheriff's Office, Pearland Fire Dept. and Pearland EMS visited some neighborhoods, including Meadowview and Parkside.

NATIONAL NIGHT OUT IS A COMMUNITY BUILDING CAMPAIGN DESIGNED TO:

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

Marylee Olson and Lanette Earnest of Weatherford began a grassroots Neighborhood Watch Program in the subdivision in 2008, after a home invasion and other crime shocked the area. The ladies maintain an updated database of more than 100 homes residents' phone numbers and e-mail addresses, and can quickly share emergency information to residents. Blocks within the neighborhood have assigned Captains, who maintain close contact with the neighbors on their block.

For more information on or to get involved in the Neighborhood Watch program, go to the Silverlake HOA website: <http://www.silverlakehoa.com>

SEE NNO PHOTOS ON PAGE 3

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
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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/

Clubhouse Rentals contact Leslie Coffee lcoffee@stes.com

NEWSLETTER INFO

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PUBLISHER

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 Advertising 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.

BUSINESS CLASSIFIEDS

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Classified Ads

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.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

West Pearland REPUBLICAN WOMEN

The West Pearland Republican Women will hold their next Regular Meeting on Thursday, November 3, 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 Colonel Richard Lochner, USMC (Ret.) He will be presenting on the military and the current wars from a Marine perspective. Come hear this very committed American and amazing speaker. The community is welcome to attend. You may also visit us at www.wprw.org.

NATIONAL NIGHT OUT PHOTOS



CONT. ON PAGE 4

MAMA HELPS BUS SERVICE



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NNO PHOTOS CONT. FROM PAGE 3



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ASK THE COACH

Dear Readers,

One of the most difficult aspects of my job is to try to educate without information overload or having a person misinterpret my answer. Health is a very complex subject that has been overrun with “experts” who may not have a clear idea of how best to distribute their message.

WHEN I DO LECTURES ABOUT HEALTH, I EMPLOY THE “4 PILLARS OF HEALTH”:

DIET: *What You Eat*

EXERCISE: *What You Do*

STRESS: *How much (exercise) or how you respond (social)*

PEER PRESSURE: *Who you are with*

Each of these Pillars has a negative and positive side – too much or too little can have very varied consequences. When you look in the mirror, you will see the person that is the direct result of those 4 areas. Finding a balance is what most people have difficulty doing.

Over the next few months, we are going to go more in depth in each one of these concepts so that you can find those areas that you need more assistance. For some, they may exercise every day but they do not seem to be losing the weight they want or maybe they are not gaining the muscle they want. This person may not be eating right; may not be stressing the right muscles; may have the wrong kinds of stress at work or home which is causing more fat to be stored in the midsection; or may be surrounding themselves with those that have differing health goals.

I look forward to eliminating some of the health misconceptions that may be impacting your goals. Please continue to send your questions! Submit your fitness/athletic questions to the Coach at silverlakenews@gmail.com.



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ADOPTION COALITION

Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.



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HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
 - Sedentary lifestyle
 - Unhealthy eating habits
 - Family history and genetics
 - Increased age
 - High blood pressure and high cholesterol
- A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain

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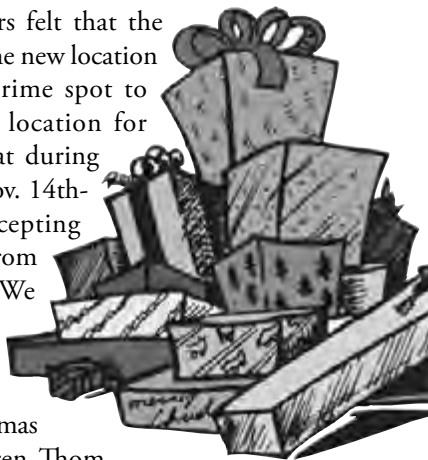
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OPERATION CHRISTMAS CHILD

Epiphany Lutheran Church and School is giving thanks for the chance to play an important role in providing needy children with a simple gift this Christmas season. Last year was Epiphany's first time participating in Operation Christmas Child, a ministry devoted to providing needy children shoe boxes full of toys, hygiene items, school supplies, candy, etc. The congregation collected over 80 boxes to send overseas. "We were strongly moved by this particular ministry" commented one member.

The church members felt that the increased visibility of the new location this year made it a prime spot to become a "drop-off" location for OCC. This means that during "Collection Week" (Nov. 14th-21st) they will be accepting shoe box donations from the general public. «We are so excited to serve our community in this way. What a wonderful beginning to the Christmas season.» remarks Lauren Thom, an Epiphany Member and OCC volunteer.



For more information about Operation Christmas Child and where you can donate your items go to <http://www.samaritanspurse.org/index.php/OCC/>.

TAKING CONTROL OF YOUR DIABETES

IMPROVING SELF-MANAGEMENT

By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- **Monitor your blood sugar and take your prescribed medications:** By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- **Watch your diet carefully:** By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.
- **Lose weight:** The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.
- **Increase physical activity:** A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.
- **Sleep well and reduce stress:** Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: www.diabetes.org.

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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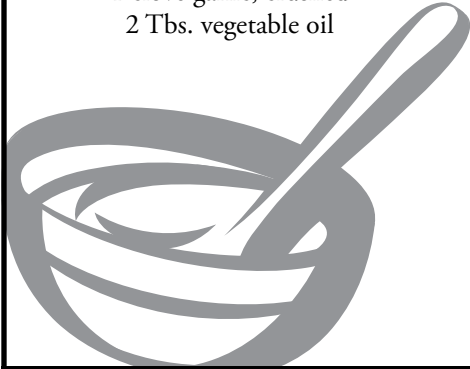
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Recipe of the Month Chicken Enchilada Soup

SAUTE IN LARGE PAN:

- 1 small onion, chopped
- 1 clove garlic, crushed
- 2 Tbs. vegetable oil



ADD & SIMMER 1 HOUR:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper

THEN ADD & SIMMER FOR 10 MORE MINUTES:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

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chips & Enjoy!*



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