

SAVE THE DATE!

4th of July Picnic

will be held on Saturday, June 30th

More details will be posted on the Silverlake HOA website http://www.silverlakehoa.com/ and in the July HOA newsletter.



LET'S SWIM!

The pool registration and indemnification forms may be found at www.SilverlakeHOA.com. If you have already received your access card from the previous years or are not requesting additional cards, you are not required to submit an access card request form. If you are unable to print out the access card form and indemnification form please contact PCMI at 281-870-0585 or via e-mail at lcoffey@stes.com. You will be required to show photo identification when using the card at the pool facility. You may use any photo identification card or your driver's license reflecting your local address to gain admittance.

Lifeguards will not permit access to anyone at the 2715 Southwyck Parkway Pool facility without the proper access card and photo identification. **No Exceptions!**

Residents must be in good standing with the Silverlake Homeowner's Association, Inc., to use the community facilities.

2012 POOL SCHEDULE

Your community pool opens Saturday, May 5th for weekends only. The pool will open for regular weekday activity effective Tuesday, June 1st. Final swim day will be September 3rd. The pool will only be open when lifeguards are on duty.

HOURS OF OPERATION AS SCHEDULED AS FOLLOWS:

Saturdays	WEEKENDS ONLY10a.m. to 8p.m11a.m. to 8p.m.
Memorial Day Monday, May 28th.	1p.m. to 8p.m.
Tuesdays-Fridays Saturdays	
Saturdays	WEEKENDS ONLY10a.m. to 8p.m11a.m. to 8p.m.
Labor Day(9/3)	10a.m. to 8n.m.

This form includes use of all Silverlake amenities (pool, tennis courts, volley ball court, playground and parks). No outside commercial activity allowed at these locations including tennis lessons. Owners may teach their family members. No paid lessons allowed at any time. All of the facilities are intended for resident usage only, and are used at your own risk. You will be responsible for any damage caused by family and guests. Please use area trash receptacles and report any damage to the facilities to www.silverlakehoa.com so they may be promptly addressed and properly maintained. Thank you for your cooperation and enjoy your lovely community amenities.

*This is based upon the 2012-2013 Pearland ISD proposed calendars and is subject to change.

SPLASHPAD OPERATING HOURS

The Splashpad at 2715 Southwyck Parkway will be operating 8am to 8 pm, 7 days a week, through October 1st, 2012.

IMPORTANT NUMBERS

BRAZORIA COUNTY SHERIFF	281-331-9000	
POISON CONTROL	281-654-1701	
CENTERPOINT ENERGY (GAS)		
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		
SiEnvironmental, LLC.	832-490-1600	
BRAZORIA COUNTY ROADS & BRIDGES		
(street and curb repairs)	281-331-3197	
For street sign concerns	281-756-1548	
WASTE MANAGEMENT		
MOSQUITO CONTROL281-3	31-6106 EXT. 1532	
EMERGENCY	911	
(always use if life or property are at risk)		
NON-EMERGENCY	281-331-9000	
ANIMAL CONTROL		
CALL BEFORE YOU DIG		
CABLE/INTERNET/PHONECOMCA		

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 Coffey lcoffey@stes.com

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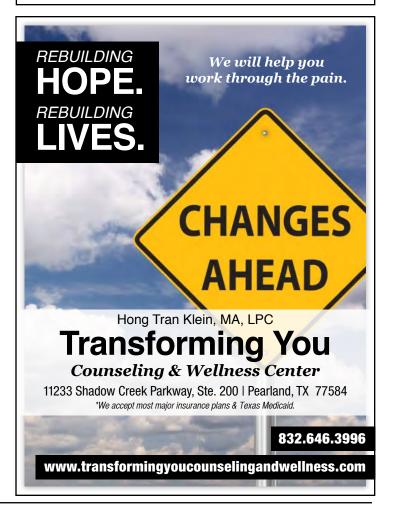
ARTICLE INFO

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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Saturday, June 9, 2012 Silverlake Swimming Pool

The movie will start at approximately 8:30pm. There will be popcorn, sodas, and juice boxes for refreshments, or you can bring your own snacks! Come on out and float in the pool or bring a chair & enjoy the movie!



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 coops. We also do service projects that benefit children and mothers.

Mothers may bring their children with them to our activities!

While many of our members are Stay at Home mothers, the MOMS Club is open to all mothers.

For more information contact: wcpearlandmomsclub@yahoo.com www.momsclub.org





Silvercrest Elementary News



Local Girl Scout troops pose after weeding and planting in the Silvercrest Elementary outdoor learning center in celebration of Earth Day. - Thank you Girl Scouts

The Silvercrest PTA would like to recognize and thank the following Girl Scouts troops for weeding and planting in Silvercrest's outdoor learning center: Kindergarten Daisy Troop 27550; First Grade Daisy Troop 21312; Second Grade Brownie Troop 27179; and Third Grade Brownie Troop 27176. Thank you for beautifying our garden in celebration of Earth Day 2012.

RETAIL PARTNER EVENTS

The PTA's Retail Partnership Committee would like to thank all participating businesses for their financial support this year. The PTA earned more than \$10,000 from retail partner programs including Box Tops, Randalls share cards and event nights. Remember to keep saving your Box Tops this summer for the contest in the fall.

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

Silverlake Elementary

Silverlake Elementary PTO would like to thank all parents, teachers & staff, students, and especially PTO Members for all their hard work over the past school year! We look forward to seeing you in August! Have a GREAT summer!!



Summer Camps at Silverlake Clubhouse

(2715 Southwyck Pkwy - Pearland, TX 77584)

SPANISH LANGUAGE CAMP (FUTURA) WEEK

July 23-27....... FULL/HALF DAY July 30- Aug 3... FULL/HALF DAY August 6-10..... FULL/HALF DAY August 13-17.... FULL/HALF DAY

Tuition*: Early bird pricing for full day programs is \$175 for the week and \$87 for our half day program, plus a \$25 registration fee per child. Sibling discounts and payment plans are available as well, call or email our office for details.

For more information or to register online go to http://www.futuraadventures.com or contact Babette Hughes, Associate Director at babetteh@futuraadventures.com or 281-201-7418

MAD SCIENCE CAMP CAMP DATES COST Red Hot Robots 6/11/12 - 6/15/12 \$295 (Ages 8-12) \$295 Secret Agent Lab 6/18/12 - 6/22/12 \$280 The Chemistry Mystery 7/9/12 - 7/13/12 \$280 (Ages 6-11) \$280 \$280

Before & After Care available: before: \$60, after: \$60, Both: \$100 To register call the Mad Science office at 713-663-7623 or visit www.madscience.org/houston







COLIN'S HOPE

WATER SAFETY TIPS AT WWW.COLINSHOPE.ORG



DID YOU KNOW?

The **MOST** near-drowning and drowing incidents occur during June and July in Texas!

Please take these simple steps to keep your family safe in and around the water and have the **Best Summer Ever!**

LAYERS OF PROTECTION



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WEAR LIFE JACKETS



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



LEARN CPR



CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN



VISIT US ONLINE

NOT AVAILABLE ONLINE

PEARLAND WESTSIDE LIBRARY SUBSTATION

The Pearland Westside substation of Brazoria County Library is located at the Westside Event Center, 2150 Country Place Pkwy Pearland, TX 77584-2179. Phone (713) 436-8600.

HOURS FOR BOOK PICKUP ARE

Mondays & Wednesdays	3:00 pm to 8:00 pm
Fridays	10:00 am to 3:00 pm
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October 1, 2012

Tee'd Off at Breast Cancer Golf Classic

At The Club at Falcon Point
Tee Off at 12:30 pm

To register/sponsor, go to

www.teamtira.net

Lunch/Dinner/Auction/Awards

\$130/golfer | \$475/team

Join your golfer for dinner - dinner \$25.00

All proceeds will benefit Metastatic Breast Cancer research

2012 Open Regattas at Seabrook Sailing Club

The Seabrook Sailing Club is hosting two major regattas this summer on Galveston Bay, open to all interested sailors. Whether it's challenging one design racing or family fun, Seabrook Sailing Club's summer regatta schedule has it all. We are looking forward to having local and out-of-town sailors join us for competition and fun on the bay.



Optimists on the downwind run at the Endless Summer Regatta

SUMMER SOLSTICE REGATTA

Seabrook Sailing Club's annual Summer Solstice Regatta will be held on June 23 and 24, 2012. This year we will be kicking off the regatta on Friday night with fireworks and a keg! We encourage everybody to leave work early and bring a picnic. This regatta is open to all small sailboats and beginner racers are welcome. Lasers, 470's, Sunfish, windsurfers, Vangaurd 15's, and catamarans are regular classes at this fun event. This regatta is on the Texas Laser District 15 Circuit schedule, drawing Lasers from around the state. There will be one design starts for all classes with at least three boats. A Portsmouth handicap fleet will be formed for boats that do not make up a one design fleet. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

ENDLESS SUMMER REGATTA

Each year, youth sailors from all over Texas and surrounding states participate in the Endless Summer Regatta at the Seabrook Sailing Club. The Endless Summer Regatta is the best attended event on the Texas Youth Circuit after Texas Race Week, with approximately 200 sailors, coaches, parents, and organizers coming to Seabrook and Galveston Bay. The youth sailors participate in 6 different fleets; the beginner sailors in the Optimist Green fleet, the experienced Optimist sailors in the Red/White/Blue fleet, Laser 4.7, and Laser Radial. Parents enjoy the view of the sailing course and Kemah from the clubhouse deck, while their kids put their skills to the test. Sailing is a great sport for kids that fosters self-confidence, independence, and responsibility. As skippers, they are in control of their own destiny; they make their own decisions, which have a direct result on their finish position, well-being, and boat condition. But most importantly, it's fun! The 2012 regatta will take place September 22-23, 2012. Official Notice of Race and Sailing Instructions will be posted on the SSC website nearer the time of the event.

The Seabrook Sailing Club has been providing safe, organized, and challenging sailing for local sailors and guests since 1934. If you've been thinking about learning to sail, getting back on the water, or competing in our organized club races, check out what the Seabrook Sailing Club has to offer. For more information about SSC, contact James McTurk at SSCmembership@yahoo.com, or visit www.seabrooksailingclub.org.

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Jester Estates Lakeline Ranch

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Long Canyon

Lost Creek Mayfield Ranch

Meadows of Bushy Creek

Pemberton Heights Plum Creek

Ranch at Brushy Creek River Place

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Villages of Westen Oaks Westside at Buttercup Creek Wood Glen

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North Lake Forest Riata Ranch

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Health Briefs - June 2012

TRAMPOLINES PUT KIDS AT RISK FOR SERIOUS INJURIES

"About 100,000 children between 5 and 10 years old are injured annually on trampolines," said Dr. William Phillips, professor of orthopedics and pediatrics at Baylor College of Medicine and chief of pediatric orthopedics and scoliosis at Texas Children's Hospital. "Younger children and teens are also at risk."

Common causes of injury on trampolines can be from colliding with another person, landing improperly, falling or jumping off the trampoline and falling on the trampoline springs or frame. Younger children are at greater risk for fractures, while older children often suffer sprains and strains.

"Kids don't have to fall off a trampoline to get hurt, so using a net around a trampoline does not mean they are safe," explains Phillips. "I've seen many children break bones landing on the trampoline itself."

LOSE WEIGHT TO SLEEP BETTER

Expanding waistlines are causing many Americans to lose sleep. Chronic obstructive sleep apnea, not visions of doughnuts, is keeping us awake. Obesity in the upper body, especially in the neck, can narrow the airways leading to the lungs, resulting in heavy snoring, pauses in breathing and frequent interruptions of sleep. "Most of our overweight patients say they snore excessively and don't sleep well," said Dr. Peter Jones, an associate professor of medicine at Baylor College of Medicine and medical director of weight management at Methodist Wellness Services at Methodist Healthcare Systems.

Patients in Methodist's weight management programs need to lose 50 or more pounds. After losing weight, many report that their sleep improves. "Losing weight can be an important part of treatment for patients who have sleep apnea," said Dr. Max Hirshkowitz,

associate professor of psychiatry and director of the Baylor Sleep Disorders Center at the Houston Veterans Affairs Medical Center. "Even a 10 percent weight loss can reduce the number of times most patients stop breathing during the night."

THERAPY IS 'NO SWEAT' FOR EXCESSIVE PERSPIRERS

A little-known procedure at Baylor College of Medicine provides an alternative antiperspirant for those who sweat uncontrollably. Iontophoresis involves passing a mild electrical current through tap water to shut off the sweat glands temporarily. The hands and feet are soaked in a basin of water for 40 minutes in the comfort of the patient's home.

"The technology has been around since the 1950s, but it never gained widespread fame, in part because most doctors don't know it is an

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Health Briefs - (Continued from Page 10)

option," said Dr. Ramsey Markus, an assistant professor of dermatology at BCM. "It is a very safe and effective way to decrease sweating, especially in the hands and feet." Markus said he prefers iontophoresis for his patients with sweating in the hands and feet because it is less expensive and less painful than Botox injections, and it can be done regularly as needed in the home. Most patients only require the therapy twice a month to keep the sweat glands from producing excessive sweat.

MANAGING FOOD ALLERGIES

Food packages often come with the caution, "Warning: may contain peanuts," and for good reason. It's estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow's milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr. Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/ immunology clinic at Texas Children's Hospital.

> Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin.

Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms.

Patients who suffer severe reactions, should keep a device such as an EpiPenR on hand so that they can administer an epinephrine shot. Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children's friends should be notified of food allergies.

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