

## BRIARHILLS POA BOARD OF DIRECTORS LETTER TO RESIDENTS

*By Warren Murdoch*

Lawton Park resigned last month as a POA Director. The board appointed Constantin Platon to replace Lawton. Constantin had been serving as a non director and Secretary of the POA for almost 1 month.

Lawton worked tirelessly on behalf of the association. His energy and enthusiasm will be missed.

The board voted to increase the 2014 maintenance fees to \$570. This was the first increase since 2008. All of our expenses have increased and the board wants to create a "rainy day" fund.

The board also voted to change administration of the POA to a management company. At some point in 2014 the POA office will close and all business with the POA will be conducted through an outside management company. Part of the fee increase will be used to fund the outside management company.

As always, you are welcome to attend our meeting on the first Monday of each month at 6:30 PM. (Check Briarhills.org for the agenda and any schedule changes.) Meetings end promptly at 8 PM.

We wish you are your families a happy and safe holiday season.

*Briarhills POA Board of Directors*

## CONSTABLE REPORT FOR NOVEMBER 2013

*for all of Briarhills (POA and HOA)*

1.....	Accident/FSGI
8.....	Alarm Local
1.....	Alarm/Rep. Site
1.....	Animal/Humane
1.....	Burglary/Hab
4.....	Check Park
112.....	Contract Check
4.....	Incident Report
5.....	Information Call
2.....	Meet the Citizen
5.....	Neighborhood Chk
1.....	Open Door/Window
1.....	Solicitors
6.....	Susp Person
1.....	Theft/Residence
3.....	Traf Initiative
33.....	Traffic Stop
66.....	Vacation Watch
1.....	Veh Speeding
2.....	Veh Suspicious
<b>258.....</b>	<b>Total Count</b>

- The burglary was on Heatherhill, and the theft was on Townshire, both in the HOA.
- Most of the traffic stops were for the traffic circle at Briarhills and Forest Home.
- The full report with block addresses will be on our website.

## IMPORTANT NUMBERS

### GOVERNMENT SERVICES

Emergency .....	911
Constable ( <i>Closest Law Enforcement</i> ).....	281-463-6666
Poison Help .....	1-800-222-1222
Library and Community Center.....	832-393-1880
City Services.....	Call 311
Citizens' Assistance.....	713-247-1888
Public Works.....	713-837-0600
Neighborhood Protection.....	713-525-2525
Animal Control.....	713-229-7300
Wild animal problem .....	713-861-9453
Hazardous waste.....	713-551-7355

### OTHER UTILITY SERVICES

Street light problem.....	713-207-2222
.....	(then 1 then 4)
Power out/emergency .....	713-207-2222
Gas leak suspected.....	713-659-2111
Before you dig.....	Call 811

### BRIARHILLS SERVICES

Trash collection .....	713-733-1600
Amenity tags .....	281-558-7422
Tennis courts.....	281-558-7422
Pool parties.....	281-558-7422
Clubhouse rental .....	281-558-7422
Marquee messages .....	281-558-7422

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### NEWSLETTER INFORMATION

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<a href="mailto:briarhills@sbcglobal.net">briarhills@sbcglobal.net</a> .....	.....
Advertising.....	.....
<a href="mailto:advertising@PEELinc.com">advertising@PEELinc.com</a> .....	.....

## LET'S BUILD COMMUNITY

By Eddy Garcia-Rameau



Do you really know your neighbors? When was the last time you had a street party? Excepting the need caused by Hurricane Ike a few years ago, which forced us to meet each other, I bet we can do better. We are going to use the successful social events of 2013 to serve as a catalyst for bigger and more opportunities in 2014 to build our sense of community. We are planning more movie nights, pool parties, picnics, 4th July parade, and happy hour socials. I will be reaching out to those whom have volunteered to help, but we need you to participate in order to make BriarHills a more vibrant community. We will kick-off the 2014 events calendar with a happy hour social later this month. Come meet your neighbors, meet your POA directors, and bring your ideas. Check the website, and the marquis for details of this event. Believe it! We do have some interesting and fun neighbors!

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## GOOD NEIGHBORS CAN BE GREAT FOR STRESS LEVELS

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

**Socializing:** With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

**Pooled Resources:** I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

**Security:** Knowing the people around you can bring a sense of security. If you need something--whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home--it's nice to know you can depend on those around you and they can depend on you.

**Home Pride:** Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

**Get Out More:** If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

**Smile:** It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

**Talk To Your Elders:** The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



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# THYROID CONDITIONS ON THE RISE IN THE U.S.

*Take this True/False Quiz to Learn More About the Thyroid*

## JANUARY IS THYROID AWARENESS MONTH

Tired? Sluggish? Unexplained weight gain or weight loss? It could be your children wearing you out, or the natural effects of aging--or it could be a treatable condition caused by the thyroid.

Approximately 27 million Americans suffer from thyroid diseases, and the vast majority of them are women.

"We're diagnosing more thyroid disease now than 20 years ago," says Dr. Tira Chaicha-Brom, an endocrinologist with Texas Diabetes and Endocrinology.

The thyroid is a small, butterfly-shaped gland at the base of the neck that regulates metabolism. When it's not working properly, the symptoms often mimic other conditions, and thyroid problems can go untreated.

Take this True/False quiz now to find out how much you know about the thyroid.

1. *The symptoms of the two main types of thyroid disease are the same. T/F?*

**FALSE:** The two major types of thyroid disease are an overactive thyroid, called hyperthyroidism, and underactive thyroid, called hypothyroidism.

"If you have an overactive thyroid, you have an increased metabolism," explains Dr. Chaicha-Brom. "You may have heart palpitations, excessive sweating, diarrhea, anxiety, insomnia, and even unexplained weight loss."

The other type of thyroid disease – an underactive thyroid or hypothyroid – causes symptoms including fatigue, dry skin, unexplained weight gain, constipation, and increased sensitivity to cold.

2. *Medication is the main treatment for thyroid disease. T/F?*

**TRUE:** The main treatment for hypothyroidism is thyroid medication. Levothyroxine, the medication used for hypothyroidism, is the third most commonly prescribed medication in the US. Hyperthyroidism can be treated with medication, surgery, or radioactive iodine.

3. *Thyroid cancer is on the rise in the United States. T/F?*

**TRUE:** Not only is thyroid disease being diagnosed more often, thyroid cancer is on the rise. The American Cancer Society estimates that 60,000 new thyroid cancer cases will be diagnosed in 2013.

The chance of being diagnosed with thyroid cancer is now more than twice what it was in 1990. Some of this is due to increased detection with thyroid ultrasound, which can detect small cancerous thyroid nodules that might not have been found before.

4. *Thyroid surgery is always necessary for thyroid nodules or lumps. T/F?*

**FALSE:** Thyroid nodules, (thyroid lumps or growths), are common and are often benign or non-cancerous and may not require removal. But nodules should be checked since thyroid nodules can sometimes be cancerous.

"Up to 40 percent of the population will have thyroid nodules at some time, and most are non-cancerous," says Dr. Chaicha-Brom. "The size of the nodule, how it looks on ultrasound, and the patient's risk factors for thyroid cancer all determine how physicians treat the nodule."

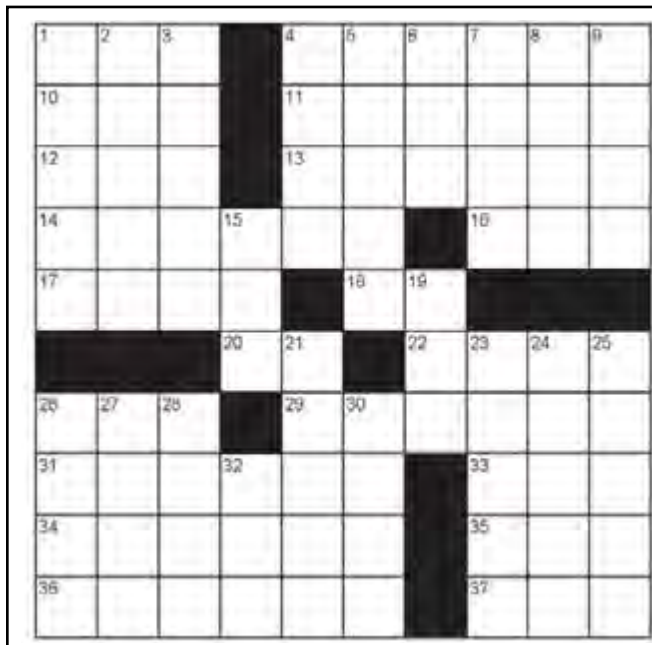
### HOW DID YOU SCORE?

Don't worry if you didn't know all the answers. Not that many people understand this unusual gland. But it's important to talk to your physician about any troubling symptoms. Not only do patients feel better after treatment, they also can prevent long-term damage to their bodies due to untreated thyroid disease. Obesity, eye problems, heart disease, high/elevated cholesterol levels, and an enlarged and painful thyroid called a goiter may occur without treatment.

Texas Diabetes and Endocrinology helps people with a variety of health problems, including diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Northwest Austin and Round Rock. For more information, visit [texasdiabetes.com](http://texasdiabetes.com) or call 512-458-8400.



## CROSSWORD PUZZLE



### ACROSS

1. What's owed
4. Beats it!
10. Hotel
11. Flower child
12. Certified public accountant
13. White fur
14. Breath mint
16. Rescue
17. Opposed
18. Scottish "one"
20. Acidity
22. Corn syrup brand
26. Insane
29. Angry
31. Relating to horses
33. Kimono sash
34. National capital
35. Reverend (abbr.)
36. Bath powder
37. East northeast

### DOWN

1. Formal statement
2. Remove pins from
3. Playact
4. Popular stadium
5. Approximate date
6. Revolutions per minute
7. Capital of Western Samoa
8. Short
9. Origination
15. Lean
19. Stretch to make do
21. Large eastern religion
23. Before
24. Hot sandwich
25. \_\_\_ Oyl (Popeye's girlfriend)
26. Soften cheese
27. Greenish blue
28. Twofold
30. Stack of paper
32. Business abbr.

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- Fairfield
- Kleinwood
- Lakemont
- Lakes of Fairhaven
- Lakes of Rosehill
- Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- Meyerland
- Normandy Forest
- North Lake Forest
- Park Lakes
- Riata Ranch
- Shadow Creek Ranch
- Silverlake
- Steeplechase
- Sterling Lakes
- Stone Forest
- Stone Gate
- Summerwood
- Sydney Harbour
- Terranova West
- Terra Nova HOA
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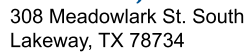
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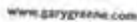




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