

## POA Board Takes a Stand on Flood-Detention Ponds

*By Tom Mikus*

In November Harris County approved a survey of 150 wooded acres in Terry Hershey Park along Buffalo Bayou between Eldridge and Dairy Ashford. This survey will determine areas to remove the trees and dig detention ponds. A Flood Control District director now argues in favor of these smaller ponds instead of detaining Clodine Ditch flood waters at the source in Fort Bend County.

Despite denials by county and city officials, they appear to be following the plan detailed in the 2012 Charting Buffalo study. This would remove spoil banks (the only hills in Briarhills) and put detention ponds immediately behind Briarhills properties – the whole length of Briarhills Parkway (including the tennis courts, the swimming pool, and the playgrounds), the north half of Coachlight Drive, and all of Trailville Drive.

For all the damage this project would do to Briarhills, the ponds here would detain only 24 acre-feet of water. Compare that to the 1600 acre-feet that was possible for the Clodine Ditch. At the January meeting of the POA board, owners agreed with the board's unanimous decision to make the county and city aware of our position by sending a letter making the following points:

1. Harris County and the City of Houston must make purchasing and developing the Clodine Regional Detention Basin the number one priority for detention basin work planned for the watershed of Buffalo Bayou west of the Sam Houston Tollway.

2. Harris County and the City of Houston must initiate and fund an actual engineering study to specifically determine the impact of the Clodine Regional Detention Basin on downstream Buffalo Bayou.

3. Harris County and the City of Houston must not initiate any detention basin work in Terry Hershey Park until after the proposed engineering study of the Clodine Regional Detention Basin is complete and the engineering data is provided to the

*(Continued on Page 2)*

## Constable Report for December 2013

*for all of Briarhills (POA and HOA)*

Alarm Local.....	4
Alarm/Rep. Site.....	1
Animal/Humane.....	1
Burglary/Hab.....	2
Burglary/Motveh.....	5
Check Park.....	3
Contract Check.....	127
Crim Mischief.....	1
Dist/Fireworks.....	1
Dist/Loud Noise.....	2
Dist/Other.....	3
Follow Up.....	1
Incident Report.....	5
Information Call.....	4
Meet the Citizen.....	6
Neighborhood Chk.....	7
Solicitors.....	2
Susp Person.....	4
Theft/Other.....	1
Traf Initiative.....	3
Traffic Stop.....	11
Vacation Watch.....	178
Veh Suspicious.....	3
Welfare Check.....	1
<b>Total Calls.....</b>	<b>376</b>

The home burglaries were on Swiss Hill and Coachlight. The vehicle burglaries and the other theft all occurred on the same day, on Forest Home and Arrow Hill. We understand that unlocked vehicles were burglarized. Remember to lock your vehicles!

Owners can view the most recent data and a file containing details (including the block address) for each call at [Briarhills.org/security](http://Briarhills.org/security). To view details for the Houston Police Department beat that includes Briarhills, you can link through [Briarhills.org/HPD](http://Briarhills.org/HPD).

## 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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Please support the businesses that advertise in the Briar Hills Beat. Their advertising dollars make it possible for all Briar Hills residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

### NEWSLETTER INFORMATION

Article Submission.....	.....
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Advertising.....	.....
<a href="mailto:advertising@PEELinc.com">advertising@PEELinc.com</a> .....	.....

(Continued from Cover Page)

public in a convenient and easily assessable manner.

4. Any future detention basin work between State Highway 6 and the Sam Houston Tollway must be done with a least HSE (health/safety/environmental) impact first approach.

At our request the Eldridge/West Oaks Super Neighborhood (SN17), to which Briarhills belongs, has agreed to take up this issue at their meeting on February 12th. For more background and further developments, look in the Current Articles section of the Briarhills.org web site, or on the Message Board of the SN17.org web site.

## SOCIAL/MOVIE NIGHT FRIDAY, FEBRUARY 21

By Eddy Garcia-Rameau

We have planned for some FUN TIME for the whole family on Friday, February 21. This event will take place at the Holiday Inn located on the corner of Enclave and Eldridge. Please mark this in your calendars and make plans to attend with your neighbors. This is a great opportunity to create camaraderie in our fantastic neighborhood. The venue for adults(21 years plus) is the Sporting News Grill inside of the Holiday Inn, while families with kids can settle into the Energy Ballroom to enjoy the movie "Despicable Me 2." Below are the details.

### 5:00 PM Sporting News Grill (adults)

Complimentary "Martini Potato" bar and snacks  
First drink is at no charge; thereafter, enjoy happy hour prices though the event

### 5:45 PM Energy Ballroom (MOVIE ROOM)

capacity: 150 kids max.

Free: 1 Hot dog or cheesy nachos, unlimited popcorn, unlimited soda. Add'l items: \$1-2 for Hot dog, cheesy nachos, pickle, candy

### 6:15PM Energy Ballroom – Movie begins

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- provide meals
- provide a bedroom either shared or private.

Students pay for all other personal expenses while in the U.S. Ayusa is currently accepting applications for the 2013/2014 program year. Visit our website to fill out your online application – the schools in our area have limited spots available for exchange students, so act now! All across the world, Ayusa students are eagerly awaiting their host family placement. Please call today and begin the adventure of a lifetime!

Visit our website at [www.ayusa.org](http://www.ayusa.org) or call us at (888) 552-9872. You can also contact our local representative Vicki Odom at [vodom@ayusa.org](mailto:vodom@ayusa.org) or call 832-455-7881 for more information as well.



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## Kidney Walk

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk.

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at [www.donate.kidney.org](http://www.donate.kidney.org).

For more information on forming teams or sponsorship, please call 713-964-2644.

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# POSTURE TIPS FOR MOMS AND DADS

*Mike McTague PT, DPT, OCS*

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

## **LIFTING YOUR CHILD FROM THE FLOOR**

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

## **CARRYING/HOLDING YOUR CHILD**

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

## **PICKING UP TOYS FROM THE FLOOR**

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

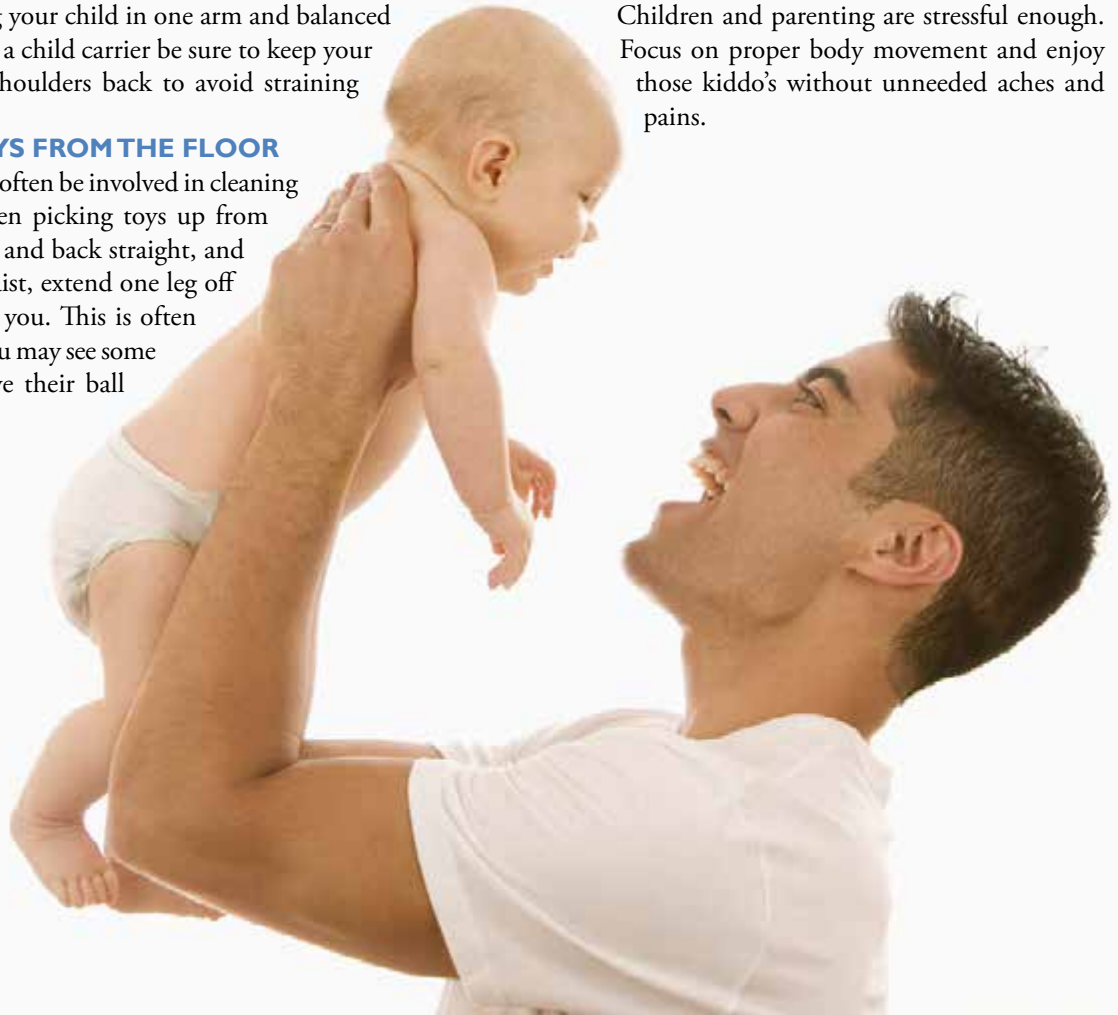
## **LIFTING YOUR CHILD OUT OF THE CRIB**

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

## **PUSHING A STROLLER**

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



## 10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT

*Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp*

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



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