

From the Briar Hills SOCIAL CORNER

By Eddy Garcia-Rameau

Howdy neighbors! I was very pleased with the significant turnout to our social hour on January 23rd at the Sporting News Grill (Holiday Inn). It was great to meet everyone; some of whom are 20+ year residents, while others are new to our community. Conversations were filled with fantastic ideas towards improving our neighborhood assets and social events. Some of these ideas made it onto the February 3rd POA meeting agenda, while others will be addressed in the POA meetings to follow. Furthermore, I was encouraged with a few folks willing to volunteer and assist in implementing some of these ideas. I will be contacting you.

By the time you receive this newsletter, we will have hopefully had a successful movie night as advertised in the previous newsletter. This month we will gather once more at the Sporting News Grill (Enclave at Eldridge) to enjoy happy hour specials and keep our conversations going. Bring your neighbor! The date is Thursday, March 20th. Perhaps this can turn into a trend: "Third Thirsty Thursdays."

PROSPECTIVE FUTURE EVENTS...

Big Splash Pool Party Date: TBD April/May
July 4th Picnic

Last Blast Pool Party Date: TBD Aug/Sept
Briar Hills "Market Day" Date: TBD Fall 2014
"Movie night under the Stars" Date: TBD Nov

*Mark your calendars, check the website,
and remind your neighbors. This is our community,
let's build it together*

Constable Report for January 2013

for all of Briarhills (POA and HOA)

| | |
|-------------------------|------------|
| Accident/FSGI..... | 2 |
| Accident/Major..... | 1 |
| Accident/Minor..... | 1 |
| Alarm Local..... | 6 |
| Alarm/Rep. Site..... | 1 |
| Alarm/Sil/Pan/HU..... | 1 |
| Burglary/Hab..... | 1 |
| Check Park..... | 5 |
| Contract Check..... | 158 |
| Crim Mischief..... | 2 |
| Dist/Family..... | 1 |
| Dist/Loud Noise..... | 1 |
| Follow Up..... | 1 |
| In Progress..... | 1 |
| Incident Report..... | 4 |
| Information Call..... | 3 |
| Meet the Citizen..... | 7 |
| Neighborhood Chk..... | 10 |
| Solicitors..... | 2 |
| Susp Person..... | 6 |
| Traff Initiative..... | 16 |
| Traffic Hazard..... | 2 |
| Traffic Stop..... | 7 |
| Vacation Watch..... | 166 |
| Veh Suspicious..... | 5 |
| Welfare Check..... | 1 |
| Total Calls..... | 411 |

*The burglary was on January 3rd in the
1400 block of Forest Home.*

*See the Briarhills.org Security Data page
for more information.*

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

| | |
|--|-------|
| Article Submission..... | |
| briarhills@sbcglobal.net | |
| Advertising..... | |
| advertising@PEELinc.com | |

Olympic Fever Can Encourage Physical Activity In Children

According to an expert at Baylor College of Medicine, the Olympics are a great opportunity for children to learn about physical activity and goal setting.

According to Dr. Jorge Gomez, associate professor of pediatrics in the division of adolescent and sports medicine at Baylor, Olympic competitions will encourage children to do something fun and active.

"Research has shown that the strongest predictor of children remaining physically active into adulthood is having experiences of being active with their parents," said Gomez.

He offers the following tips for parents when watching the Olympic Games with their children:

- Point out that the athletes are participating because it's fun for them.
- Emphasize athletes are where they are after years of hard work.
- Discuss what it means to be a team player and to have good sportsmanship.
- Focus on the fact that the athletes are fit because they take care of themselves by eating well and exercising.
- While encouraging children to explore new activities, keep safety in mind.



WANT YOUR SKIN TO GLOW?

"All Natural" Might Not Be The Way To Go

If you want your skin to glow, experts at Baylor College of Medicine say all natural products might not be the answer.

"Some people think that by going all natural with their skin care, that it will automatically be safer for their skin. That's not necessarily the case," said Dr. Rajani Katta, professor of dermatology at Baylor.

Whether it is cleansers or moisturizers, you can still have allergic reactions to the ingredients even if they are all natural or organic. Many natural ingredients, such as lavender extract or sandalwood oil, are actually types of fragrance additives. Even though these are natural fragrances, they can still cause the same type of allergic reactions. Other natural ingredients, such as tea tree oil, can also trigger allergic reactions.

Since it may be hard to pinpoint exactly what is causing irritation or allergic reactions just by reading labels, Katta suggests consulting a dermatologist.



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Prevent Colon Cancer In Less Than An Hour

Regular screenings for colon cancer can catch the deadly disease before it even begins, according to doctors at Baylor College of Medicine.

"Colon cancer is known as the silent killer because symptoms are not present until it's too late," said Dr. Waqar Qureshi, professor of medicine and chief of endoscopy at Baylor.

Symptoms include rectal bleeding, abdominal pain, weight loss or anemia. But if symptoms are apparent, then it's more than likely the cancer has already spread. Screening can catch precancerous growths at a time when life-saving treatments are still effective.

A colonoscopy is the most accurate way to find precancerous growths. A colonoscopy takes up to 20 minutes, and patients are sedated so most don't even remember the procedure.

"Usually screenings start at age 50 and continue every 10 years after that," said Qureshi. "However, if colon cancer runs in your family, screenings should be more frequent and begin sooner."

SUDOKU

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| | 4 | | | | 1 | | | |
| 9 | | | 2 | | | | | |

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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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FOLLOW UP ON YOUR HEART HEALTH

Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

- What is a healthy weight for me?
- What does a balanced diet consist of?
- How do I quit smoking?
- What exercises should I add to my daily routine?
- What health screenings should I have?
- When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.

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Email the picture to ARTICLES@peelinc.com. Be sure to include the text that you would like to have as the caption.

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Meet four year old Nathan Lackey, diagnosed at the age of three with stage IV Neuroblastoma. Nathan has been hospitalized for five rounds of chemo, has had two surgeries, a stem cell transplant, two proton therapy radiation treatments, and is currently undergoing immunotherapy.

Nathan's favorite colors are red and blue, and he loves to play with trains. His favorite quote is "You didn't know that?" His future aspirations are to become a superhero.

There are hundreds of kids like Nathan, and you can be an important part of helping us EASE their childhood cancer journey.

By supporting B.I.G. Love Cancer Care monthly, you can help us meet their needs on a daily basis.

- * \$10 purchases restaurant gift cards
- * \$25 purchases a New Diagnosis Bag
- * \$50 purchases a Mother's Day or Father's Day Gift Bag
- * \$75 purchases a Valentine Gift Basket for a child
- * \$100 purchases groceries for one cancer family for one month or a parking pass for a family in need.
- * \$250 purchases toys for the Cancer Clinic
- * \$500 purchases groceries for the entire cancer unit, 36 rooms, for one week.

There is no dollar amount too small. We have donors that give from \$5 a month to \$400 a month.

Join with us...as we meet the very real and pressing needs of thousands of cancer kids and their families each year at Texas Children's Hospital (Houston, TX) and Dell Children's Hospital (Austin, TX). Thank you for your generosity. We are deeply grateful!

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