

Spring

MEMO

With spring time quickly approaching we are asking all homeowners to look at your home and begin preparing for any improvements or maintenance that may be needed. Remember, the appearance of your property can greatly increase the property value of your home and your community. As a reminder:

TRASH CANS/RECYCLE CONTAINERS

Trash cans may not be stored in public view. Once trash has been picked up please store your trash can in the back yard or the garage.

POWER WASH DRIVEWAY AND SIDEWALKS

Please power wash driveways and sidewalks in front of your home to remove dirt, mildew and any other stains that occur over time. Spring is the time to take care of this task to have a crisp clean looking home for the Summer months.

LAWN MAINTENANCE

Of course you know that you should mow, edge and weed your lawn on a regular basis, however when was the last time you trimmed your shrubs or trimmed your trees away from the sidewalk? Inspect your shrubs and trees to make sure they are trimmed neatly. If you notice a lawn that is not being maintained please contact PCMI at 281-870-0585, the association has the right to "Force Mow" a property when it is not being maintained.

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HOA website: www.silverlakehoa.com/

Clubhouse Rentals contact Sherita Jeter at sjeter@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.

FUN FAIR POSITIVE SOCCER

Registration Open!

For boys & girls, age 4-18. Spring season is April 12 to May 31, 2014. FFPS provides a positive youth sports experience. FFPS offers fun fair experience, weekly practices, full uniform & trophy, equal play time & play every position, balanced teams, positive coaches & more.

Go to www.FFPS.org to sign up. Registration fee includes full uniform (shirt, shorts and socks), trophy, trained positive coaches, nice fields & background checks on all volunteers. Coaches will call players to schedule practice by April 9th. Practice times & location determined by the coach & team. The schedule includes eight games all played locally on Saturdays from April 12th – May 31st. Cy-Fair N league plays at Matzke Elementary (13102 Jones Rd, Houston, TX). Cy-Fair S league plays at Cook Middle School (9111 Wheatland Dr, Houston, TX). Cy-Fair W league plays at Horne Elementary (14950 W Little York, Houston, TX).

Register online at www.ffps.org or call 1-800-828-PLAY.

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POWER WASHING

Here are some tips to keep the neighborhood looking its best and reasons why you should pressure wash your home. One reason to keep the house cleaned is it helps the value of neighborhood as a whole. Your home is one of your biggest investments; it should be treated as such. When mold is on a painted surface for a long time, it causes the paint to look faded and dull, even after it has been power washed. Mold can be toxic! Listed below are some tips to help you remove the mold off of your investment.

ITEMS NEEDED:

- Bleach (mix with water) 5 parts water to 1 part bleach)
 - Pressure Washer with @ least 2600 PSI
 - Ladder (if your house is a two story)
 - Glasses
- A Pressure Washer can be rented or purchased @ Home Depot.

The cost to rent a pressure washer is around \$80.00- \$100.00 a day. To purchase one you are looking at around \$300.00 to \$900.00 depending on the brand and psi (the amount of pressure) of the machine you choose.

The first step in the cleaning process is to water down all shrubbery & flowers. Next, wet the surface to be pressure washed. Then mix water and bleach in a bucket. Next, use the injector on the pressure washer to spray the water/bleach mixture on the area to be cleaned. Let mixture stay on surface for 3 to 4 minutes and rinse with pressure washer @ about 2600 PSI. If mixture is left on surface too long damage may occur. Repeat if surface is not clean. If water and bleach is not mixed right it can also cause damage to painted surface. Too much pressure can also cause damage. When done the right way the house will look like it was just painted.



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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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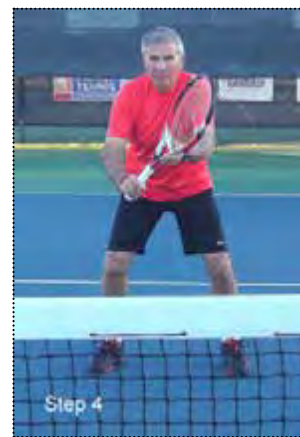
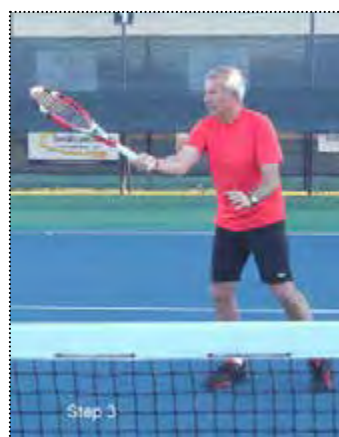
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”

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Silverlake News is Looking for Articles

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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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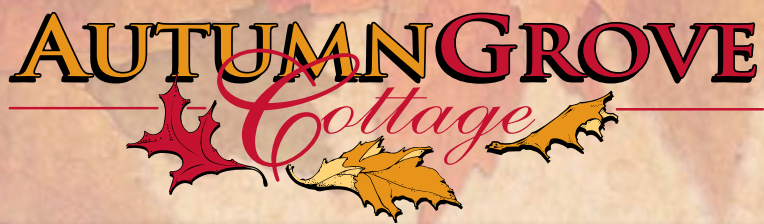


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Prevent Colon Cancer In Less Than An Hour

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."



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