



Silverlake

## **IMPORTANT NUMBERS**

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POISON CONTROL
CENTERPOINT ENERGY (GAS)713-659-2111
Report streetlights out713-207-2222
(street lights need 6 digit pole #) www.centerpointenergy.com/outage
MUD #2 SEVERN TRENT
MUD #3 & 6
SiEnvironmental, LLC
BRAZORIA COUNTY ROADS & BRIDGES
(street and curb repairs)
For street sign concerns
WASTE MANAGEMENT
MOSQUITO CONTROL
EMERGENCY
(always use if life or property are at risk)
NON-EMERGENCY
ANIMAL CONTROL
CALL BEFORE YOU DIG
CABLE/INTERNET/PHONECOMCAST713-341-1000
AT&T

## SILVERLAKE HOA INFO

#### C/O KHARA MATHEWS

Planned Community Management, Inc. 15995 North Barker's Landing, Suite 162 Houston, Texas 77079 Khara.Mathews@STServices.com 281-870-0585

HOA website: www.silverlakehoa.com/

Clubhouse Rentals contact Sherita Jeter at Sherita.Jeter@STServices.com

## **NEWSLETTER INFO**

#### EDITOR

To Submit Articles/News.....silverlakeupdates@yahoo.com **PUBLISHER** 

Peel,Inc .......www.peelinc.com, 888-687-6444 Advertising......advertising@peelinc.com, 888-687-6444

#### 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.

## **Hurricane Preparedness**

Each year NOAA and the American Red Cross publishes a preparedness guide of tropical cyclones to help us prepare for such an emergency. You can download a copy of that guide at http://www.nws.noaa.gov/ os/hurricane/resources/TropicalCyclones11.pdf. This guide gives great information on the metrological terms associated with tropical storms and what to expect from those storms. Most importantly, it lists critical information about how to prepare for an incoming storm.

Guidelines each year prior to hurricane season:

- Determine safe evacuation routes inland
- Learn locations of official shelters
- Check emergency equipment such as flashlights, generators and battery powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- Buy food that will not spoil and store drinking water.
- Buy plywood or other material to protect your home if you don't have it.
- Trim trees and shrubbery so branches don't fly into your home.
- Clear clogged rain gutters and downspouts.
- Decide where to move your boat if applicable.
- Review your insurance policy.
- Find pet friendly hotels on your evacuation route.

During the storm and when Pearland is in the warning area, you should:

- Closely monitor radio, TV or NOAA Weather Radio All Hazards for official bulletins.
- Close storm shutters.
- Follow instructions issued by local officials. Leave immediately if ordered.
- Stay with friends or relatives at a low-rise inland hotel or at designated public shelter outside of the flood zone.
- DO NOT stay in a mobile home or manufactured home.
- Notify neighbors and a family member outside of the warned area of your evacuation plans.
- Take pets with you, but remember that most public shelters do not allow pets other than service pets for people with disabilities.
- Identify pet friendly hotels along your evacuation route.

If you are staying home to "hunker" out the storm:

- Turn refrigerator to maximum cold and keep it closed.
- Turn off utilities if told to do so by authorities.
- Turn off propane gas tanks.
- Unplug small appliances.
- Fill bathtub and large containers with water in case clean tap water is unavailable. Use water in bathtubs for cleaning and flushing only. Do NOT drink it.
- Stay away from windows and doors, even if they are covered. Take refuge in a small interior room, closet or hallway.
- Close all interior doors. Secure and brace exterior doors.
- If you are in a two-story house, go to an interior first floor room.
- If you are in a multi-story building and away from water, go to the first or second floor and stay in the hallways or other interior rooms away from windows.
- Lie on the floor under a table or other sturdy object.

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Brilliant Energy Texas OUC #10140

## From Detention Basin To New Park On Southfork

As you have probably noticed, there is a new park facility on Southfork between Silvercreek and Fieldstone neighborhoods of Silverlake. Once an ugly and unused detention basin, where excess storm water is held temporarily until additional room becomes available in the receiving channel, is now an 18 acre park. This park was created and funded by Brazoria County Municipal Utility District (M.U.D.) #6, and has already been enjoyed by folks from many neighboring communities. The park has a sidewalk that encircles the park for jogging or strolling and is landscaped with a variety of shade oaks, elms, waxmrytle and cypress trees. There is a large parking lot and large pavilion with picnic tables, charcoal grills for outdoor cooking adjoining the children's playground. Within the basin, there are three practice ball fields with backstops and two soccer fields with goals. This allows lots of room for fun and games. There is no registration process for the use of the park and it is offered on a first come first serve basis. Thank you to the Board of Directors of M.U.D. #6 for this additional place to enjoy the outdoors with family and friends.



Please remember to pick up after your pets and "scoop the poop"



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## Six Things Every Student Athlete Should Know Before Taking The Field

With the fall sports season gearing up, physicians with Memorial Hermann want to help keep young athletes healthy and safe both on and off the field. Young athletes (and parents too) should consider these tips – provided by Alfred Mansour, M.D., pediatric orthopedic and sports medicine surgeon affiliated with Children's Memorial Hermann Hospital and Summer Ott, Psy.D., Director of the Sports Concussion Program at Memorial Hermann IRONMAN Sports Medicine Institute – to ensure they are fit for play:

**Sports Physical Exams are a must.** All athletes should have a physical exam and if indicated a heart exam before preseason training begins. A physical exam can detect a heart murmur while an electrocardiogram (ECG) can identify underlying cardiac conditions that can cause serious and sometimes fatal complications during strenuous activity. This is especially important in the Texas heat, which adds to the physical toll of a workout. A normal physical exam will help to identify any lingering injuries or problem areas that could jeopardize an athlete's health.

Students should be in shape before strenuous practice begins. It is essential that athletes are already training and in shape before the strenuous practice begins. Athletes who go into practices unprepared will put unnecessary and even dangerous strain on their bodies. If the student athlete has not maintained regular physical activity during the summer or especially in the weeks leading up to practice, it is important to inform the coach and encourage the athlete to ease slowly into the activity.

*Warm-ups and cool-downs go a long way in preventing injury.* There are several ways athletes can prevent injury as they get into peak physical condition. Jogging or dynamic stretching before a workout decreases the likelihood of muscle and joint injuries. Start every workout with a warm-up that emphasizes the muscle groups that will be used most in the workout. An appropriate cool-down helps the body recover faster from workouts and also decreases the chance of future injury. The best way to do this is through a slow jog or similar aerobic activity. The workout should end with static stretches to loosen up muscles that were used in the workout.

*Hydration is key.* The importance of hydration during exercise cannot be stressed enough. Athletes who are going into their workouts unprepared for the heat and level of intensity will especially need to pay attention to symptoms of dehydration and heat exhaustion. Athletes appearing

exceptionally sluggish, disoriented, or confused could likely be suffering from heat exhaustion and should be cooled down immediately and given water. If these symptoms persist or are not handled appropriately, the athlete's condition may worsen and lead to severe dehydration or heat stroke. Coaches, athletic trainers and students should have an emergency plan in place to deal with heat illness. If an athlete loses consciousness or faints, move him or her to a cooler area and call 911 immediately. Sports drinks can be used during long, high intensity workouts, but should not be a substitute for water.

*Nutrition can make or break performance.* Nutrition can make or break an athlete's performance well before a practice begins. Supplements are not a viable substitution for healthy eating habits. When it comes to carbohydrates, athletes should be eating whole grains such as brown rice, oatmeal, and whole wheat bread. Lean protein should also be consumed at each meal. Good examples of lean proteins are egg whites, Greek yogurt, peanuts, fish, and chicken. Fresh fruits and vegetables contain nutrients that are vital for injury prevention and recovery. The key is to balance all of these foods and maintain healthy habits off of the field.

Use your head. According to the American Journal of Sports Medicine, the rate of concussions in U.S. high school athletes more than doubled between 2005 and 2012. Typically caused by bump, blow or jolt to the head or body, concussions can cause brain bleeds, traumatic brain injury or seizures and can affect future brain function and cognition. Players - especially those playing high-impact sports - need to be very cautious and take precautions to protect their heads, including a preseason baseline concussion exam conducted by a specialist with extensive training in the diagnosis and management of concussion. If a concussion occurs, it is important that the athlete undergo a post injury evaluation as soon as possible, which can be compared to their pre injury baseline to determine any effects following the injury. Under Texas state law, any school-age athlete who exhibits signs and symptoms of concussion must be removed from play immediately and is not allowed to participate in games or practices until the athlete has been evaluated and given clearance by a physician. A list of concussion specialists and the return-to-play guidelines can be found on the Concussion Program page at ironman. memorialhermann.org.

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## **MASSEY RANCH ELEMENTARY NEWS!**

**ENHANCE YOUR CHILD'S EDUCATION:** The school year has begun and it's time to join the PTA! Massey Ranch PTA is dedicated to collaborating with our educators to realize our students' success. To make this happen, we need YOU. Join us today for just \$8. Our goal is to recruit 350+ members — info packets came home via the backpack express the first week of school with LOTs of volunteer opportunities for parents of all availabilities. Our first PTA meeting will be Thurs., Sept. 18 at 7:30 p.m. in the gym. ALL are welcome to become a member and get involved to make Massey Ranch, the best elementary in Pearland. Please bring your children so they can participate in a fun activity!

**COMMUNITY CLOSET/SWAP SHOP:** The September opening of the Community Closet/Swap Shop organized and run by the Pearland Council of PTAs is on September 30th from 4:45-7pm behind Pearland Jr. High West in the brown building across from the PACE center. Pearland families are invited to come and swap/exchange standardized dress code clothing. The Community Closet will also allow parents to pick out clothes without swapping. For vouchers, please see your School Nurse/CIS rep/ Counselor, Principal or talk to the PTA Community Closet Coordinator. To donate, volunteer, or any questions call PTA Community Closet/Swap Shop Coordinators: Frances Caballero @ 832-385-2685 or frances@ movewithfrances.com.

SPIRIT SHIRTS: It is time for the Fall Order of Spirit Shirts for Massey

Ranch. The order form will reach you during the first week of the school year. If you ordered shirts in the Spring, you should have received them by now. Before you order the shirts, please make sure to check sizes of the shirts. There are samples in the VIP room off the cafeteria. Spirit Shirts come in a single design and color for the new school year. There are also polo shirt and sweatshirt options available in multiple colors. Order forms and payments will be due by Friday, Sept. 12. Please note that this is the final chance to order shirts for the 2014-2015 school year. The shirts will be delivered during the final weeks of October. For questions about your order please contact Mike Ahearn. Mike Ahearn, masseyshirt@gmail.com, 281-685-1187.

**FALL FUNDRAISER:** PTA Fall Fundraiser kicks off Sept. 12. We are very excited to offer products from Yankee Candle, and a NEW company – Charleston Wrap! Massey Ranch Elementary PTA will earn 40% of each purchase! You can sell to family and friends across town or the country by having them shop online! Furthermore, you can place orders online throughout the year, and Massey Ranch earns 40% of the purchase. Please take a look at the quality products being offered in the catalogs sent home with your student. The Massey Ranch PTA uses the money raised for the benefit of Massey students. The funds will go to support PTA programs/ initiatives such as Field Day, Reading Incentive Program, the STEP reading tutor program, IB training and materials, STAAR snacks, and school assemblies. We appreciate your hard work and support!



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 Fac. #102463 | AL, ALZ



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## www.AutumnGrove.com

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## **CROSSWORD PUZZLE**



#### ACROSS

- 1. Canned meat brand
- 5. Recommend 9. Volcanic rock
- 10. Strength
- 11. Consumer
- 12. Refastens
- 13. Mire
- 15. Flurry
- 16. Remove a light bulb
- 18. Easier to get at
- 21. Frosty
- 22. Pretended
- 26. Spring flower
- 28. Basic's opposite
- 29. Buddy
- 30. Sliding toy
- 31. Ball player Aaron
- 32. Food

DOWN 1. Ghetto

- 2. El (Texas city)
- 3. Maintain
- 4. Plunder
- 5. Vase
- 6. Measuring instrument
- 7. Point
- 8. Render capable
- 10. Public transportation vehicles
- 14. Short-tempered
- 17. Put a fold in 18. Catch a ride
- 19. Sporty car brand
- 20. Synthetic fiber 23. Ca. University
- 24. Abstain from certain foods
- 25. Chances of winning
- 27. Writing liquid

View answers online at www.peelinc.com

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## SEND US YOUR

Event

Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to *silverlakeupdates@ yahoo.com.* Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at *www.PEELinc.com*.



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## NOT AVAILABLE ONLINE

## Silverlake News is Looking for Articles

Do you know of a fundraiser that is going on at your children's school? How about promoting a local club in our neighborhood? If you have any news you'd like to share with your neighbors, please send us an article to silverlakeupdates@yahoo.com

## Silverlake HOA has a New Website!

The HOA has updated the Silverlake website. The website is available to all residents of Silverlake HOA. In order to see all of the great things the website has to offer, you will need to request a login and a password. Just visit www.silverlakehoa.com and click on the Request Login button. Once your request is processed, you can start using the website. There are many great things available to all of our residents, so check it out!



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## Thinking About Selling or Buying?



Essential tips for sellers and aspiring home buyers. First, make sure you also rely on your trusted real estate professional for insight and guidance.

Contact Us & Get SOLD!

#### 1. Smart Strategies for Sellers Homeowners consistently overestimate

the market value of their home by 5-15%. Putting a home up for sale can be stressful,

and some owners have a hard time making objective decisions when it matters most.

#### 2. Price It Right

### Your listing agent will perform a current market analysis.

Look closely at the sales of similar homes that have closed in the last 90 days and take the number of available listings into account when agreeing to an asking price.

#### 3. Keep in Mind

- Homes that haven't attracted a buyer in a reasonable time period may be overpriced.
- Foreclosures/short sales in your area can impact your home's market value.
- It doesn't pay to set the price too high. Most buyers will need financing and the bank will generally us an appraisal based on recent sales to justify the loan amount.

Your agent may recommend repairing visible flaws, and suggest staging your home so it feels more spacious to help potential buyers picture themselves living there.

#### 4. Take Advantage of your Market Debut

Pricing your home competitively from the get-go, increases the odds of a quick sale.

- Nearly 35% of buyers looked online for properties as their first step, and 40% found the home they ultimately purchased that way. If your home is priced too high, you run the risk of active, qualified buyers scrolling right past it.
- New listings are called "hot" for a reason. Buyers get excited about them. Showings are likely to cool off noticeably after the first 30 days on the market.
- When considering on offer, consider the potential costs of holding on to your property longer than you want or need to. (Excluding maintenance, marriage, insurance, property taxes, etc.)

1. Smorthling Adoptions. Tebricoy 2, 2011 2. Idational American at REM 1296, Hume Buyers and Splan 2011 America

#### Sweeten the Deal-

Sellers who agree to pay the buyer's closing costs can make it easer for first-timers to obtain financing, while offering to throw in appliances, upgrade allowances, or other perks, could swing a buyer's decision in your direction.

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