

Annual Breakfast with Santa successful in spite of the rain



On Saturday, December 3rd from 9 am to 12 pm the annual Breakfast with Santa toy drive benefitting the Brazoria County Women's Shelter took place with raindrops and all. This event has always been a favorite for adults and children alike. The craft and cookie-decorating table was probably the most popular place inside of the warm and dry clubhouse. Many toys were donated for the Neighborhood Center to ensure that their kids have a nice holiday.

Pancakes, sausage, breakfast tacos, fruit, hot chocolate, juice, milk and water were served and enjoyed. Santa, in his special chair, patiently listened to each child as they shared their Christmas List. The Polar Express train along with the moonwalks had to be retired this year because of the rain.

(Continued on Page 2)

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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.

Annual Breakfast with Santa - (Continued from Cover)

We would like to thank everyone that has supported this event in the past and look forward to seeing everyone again next year!



Silverlake



Halloween Decorating Contest Winners

The Silverlake HOA is proud to sponsor the Annual Silverlake Halloween Decorating Contest. This year's winners are the Johnson's 3122 Millbrook Drive in the Fieldstone section of Silverlake. The lucky winners will receive \$100 cash prize. Congratulations!



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Fungus Gnats



Fungus gnats often become a problem in homes due to an overwatering problem. Since this time of year can bring poinsettias or other plants into the home, fungus gnats are a pest to watch for.

Fungus gnat adults are small, black, long-legged flies with long antennae. Most adults are about 1/16 an inch but some can get up to 1/2 an inch. They are weak fliers and generally remain near potted plants, growing media, foliage or leaf litter.

Larvae, or immatures, have a black head capsule and long whitish body without legs. They feed on organic matter such as mulch, compost, grass clippings, plant roots and fungi. When conditions are very moist, fungus gnat larvae can become abundant and may leave slime trails on media that looks similar to trails left by snails or slugs.

While these gnats are a nuisance they are fairly easy to manage. Indoors, it is a good idea to use yellow sticky cards as a monitoring tool. Potato pieces may also be used as a monitoring tool for fungus gnats. To do this, imbed a peeled potato cube into media and inspect the underside of the potato and the media directly below it twice a week for fungus gnat larvae.

To manage fungus gnat populations, work on reducing excessively

moist conditions. Avoid overwatering and make sure that there is good drainage. The surface of container soil should be allowed to dry before watering again.

If using compost, make sure that items have been fully composted. Compost piles should be turned regularly and kept away from doors or windows. Inspect all doors, windows, vents and screens for a good seal to reduce the number of gnats that may enter a structure.

Bacillus thuringiensis var. *israelensis* or the nematode *Steinernema feltiae* can be applied in containers to control larvae. Either spray on the media or apply as a soil drench. Biologicals work best when they are applied early in an infestation. If a population is already large, they may not provide the control desired.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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RESOLUTIONS FOR GOOD HEALTH

Renew these healthy hygiene habits so the kids will stay healthy through the winter and into the spring:

1. Wash hands—remind kids to always wash their hands before eating and after going to the bathroom. Ideally, they should wash after touching animals, after gym class, and after sneezing or blowing their nose. For the times that it is not possible to get to a sink to wash, put a travel size pack of hand wipes or hand sanitizer in their backpacks.

2. Cover coughs and sneezes—kids may know the “Dracula” cough, using their elbow to cover their coughs. Give them praise when you see this behavior!

[Look for “The Story behind the Sleeve” video on the web, from the Centers for Disease Control (CDC)]

3. Keep hands away from face—while they may not be able to avoid the germ surfaces (cafeteria tables, desks, pencil sharpeners, door handles), you can help them to prevent illness by not touching their eyes, nose and mouth.

4. Eat Healthy—Low sugar, protein-rich breakfasts and a nutritious lunch will help the kids stay as healthy as possible and avoid that “run-down” feeling.

5. Get a good night’s sleep—rest is the body’s way to renew the mind. Kids will have more sustained energy.

SILVERCREST PTA

Welcome back! We hope that you had an outstanding winter break, filled with fun, family, food, and rest! We are now in a new term, and looking forward to getting back into the swing of things. As we return to our normal working week, we’d like to renew our focus on good habits and good health. We have some great tips and some

updates as well as information on our Stallion Stampede.

As always, we thank you for your participation and support. If you would like to help in the many activities or simply join the PTA, please contact Lindsay Rodriguez: lindsayhope00@hotmail.com.

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RENEWING GOOD HABITS

Every family has unique routines that promote energetic, positive behaviors at home and at school. January is a great time to establish or strengthen the routines and attitudes that help drive school success. Here are a few to consider:

- * Update the family calendar with major school events, extracurriculars, and special projects.
- * Set a nightly reading time. Reading each day strengthens

vocabulary and allows the imagination to grow.

- * Set new expectations for progress and checkpoints. Talk about motivation and incentives to get focused and to achieve goals. Set them up for success.
- * Talk about organization. This is a great time to start using planners, establish new study habits, and get papers under control.
- * Smile. It makes everyone happier!

LOOKING AHEAD

Saturday, April 8, 2017 is our 12th annual Stallion Stampede Fun Run, Silent Auction and Breakfast.

This exciting, family event includes timed 5K and 10K runs and a non-timed 1K. Everyone, of any age, is welcome to participate. We will have food trucks and DJ's, water stations and cheering crowds.

Calling all Runners, Walkers, Individuals, and Teams!

Online Registration is OPEN!

Event Registration Page: <https://thedriver.net/stallionstampede>

Facebook Page: www.facebook.com/stallionstampede

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January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3 RETURN TO SCHOOL	4 Report Cards	5	6	7
8	9	10 Generation Texan Day	11 Marco's Pizza Spirit Night 4 pm - close	12 General PTA Meeting 6:30 pm	13	14
15	16 MLK Birthday Celebrated	17	18	19	20	21
22	23	24	25	26 2 nd Grade Music Program 6:30 pm	27 PK – 1 safari Dance 9: 00 am	28
29	30	31 Whataburger Spirit Night 5 – 8 pm				

Silverlake

(Continued from Page 7)

Needed: We are actively looking for Sponsors and donations to our silent auction, one of the highlights of the event! We can't do this without the help of our business community. And since the Silvercrest PTA is a non-profit 501(c)(3) educational and charitable organization, your donation is tax-deductible. Sponsors may contact Olivia Watkins, Stallion Stampede Sponsorship Chair, at oewatkins11@gmail.com.

For more information about the Stampede and how you volunteer, please contact Maritza Wong at maritza_wong@sbcglobal.net .

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TENNIS TIPS

*By USPTA/PTR Master Professional
Polo Tennis and Fitness Club*

How to execute The Forehand Lob



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 and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, “Suzie” Foster, Member of the Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Suzie is forced deep into the court and realizes that she must hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is

low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

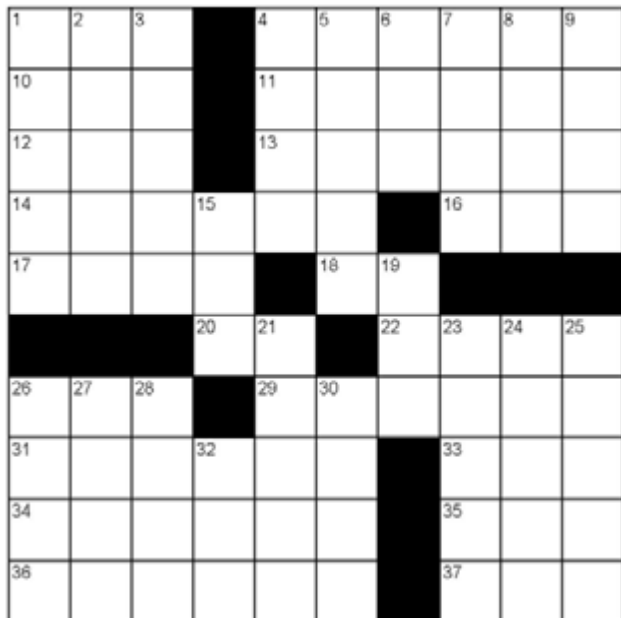
Step 2: The Point of Contact: Suzie is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45-degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Suzie’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her to allow maximum balance.

Step 4: The Shuffle Back: Once Suzie finishes the stroke, her goal is to either move forward toward the net to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent.

Look in the next Newsletter for: How to execute
“The Two-Handed Backhand Lob”

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ACROSS

1. However
4. Brand of soda
10. Environmental protection agency (abbr)
11. Large zoo animals
12. Revolutions per minute
13. Timely (2 wds.)
14. Careen
16. BB association
17. Totals
18. We
20. Disc jockey (abbr.)
22. ___ the hatchet, forgive
26. Move up and down
29. Famous female pilot Earhart
31. For each one
33. Teaspoon (abbr.)
34. What a pastor gives
35. Representative
36. Scours
37. Whichever

DOWN

1. Baseball player Yogi
2. Elevated
3. Broken in
4. Loafer
5. Eastern religion
6. Liable
7. Gyrate
8. Burial chamber
9. At sea
15. Drug
19. Compass point
21. Israel's former name
23. Radical
24. Got out of bed
25. Talky
26. Singing voice
27. Organization of Petroleum Exporting Countries
28. Energy
30. Not women's
32. Flightless bird

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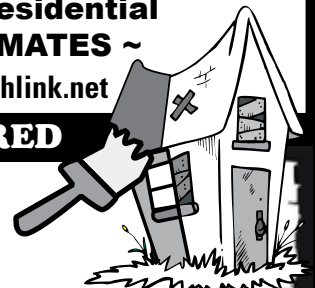
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