

Spring Book Fair

Our spring Book Fair is fast approaching! The Happy Camper Book Fair will be held March 6th – 9th from 7:30am-2:30pm and March 9th from 7:30am – 6:30pm. We love to encourage reading and this is a great opportunity to buy some fantastic new books. During the weeks leading up to the Book Fair, the children will be watching a video during their class library time of the fair's highlighted books. They will also be bringing home a Book Fair flyer, so look for it in your child's folder.

Please note, parents cannot pull their child out of class to shop, but they are welcome to shop with their child during their class's

time at Book Fair. Your child's teacher will let you know when their class will be visiting the Book Fair. Alternatively, parents have the option to come in before school and shop with their child, or come after school until 6:30pm on Thursday, March 9th for the late night. This is great way for parents to share in the experience and help your child select from the huge selection of titles and other items available at the Book Fair.

Volunteers are needed to help with Book Fair set-up and during the week of the event. Please contact myratijerina@yahoo.com for more information or to volunteer. Hope to see you all there!

IMPORTANT NUMBERS

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MUD #3 & 6	
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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.

Silvercrest PTA

Spring is in the air! We are excited about all of the activities in progress. We hope to see you at one of our events or at one of the Spirit nights. This month we want to focus on the many activities, like the Stallion Stampede, where you and kids can have fun and support our school!

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



Arts in Education



Travel the world in a single day! Mark your calendar for the Pearland Council of PTA's International Festival on Saturday, March 4, 2017, from 10 am – 2 pm at Pearland High School (3775 S. Main Street). Wear your international dress or come as you are to enjoy some free, family fun. Silvercrest will be there, representing Australia. Cultural arts and entertainment, right here at home. For more information, contact sherineag@yahoo.com.

It's Almost Here! Stallion Stampede!

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

Calling all runners, walkers, individuals and teams! We'll have a timed 5K. A timed 10K. And a non-timed 1K. Something for everyone, of any age. We will have food trucks and DJ's, water stations and cheering crowds.

Event Registration Page: <https://thedriver.net/stallionstampede>
Facebook Page: www.facebook.com/stallionstampede

Key Dates:

Deadline to guarantee a t-shirt:

Tuesday, March 21, 2017

Deadline for turning in paper registration forms:

Friday, March 31, 2017

Online registration is open until 7:30 am on race day

Saturday, April 8, 2017

Even if you don't run, don't walk, and don't eat breakfast, you can purchase T-Shirts, for only \$10 to size XL, or \$12 for sizes 2XL and 3XL. And our silent auction, one of the highlights of the event, will be open from 7 am to 9:45 am!

We are actively looking for donations to our silent auction, which last year raised \$11,000. We want to duplicate that success and can't do it without you! And since the Silvercrest PTA is a non-profit 501(c)(3) educational and charitable organization, your donation is tax-deductible. Grade level theme baskets will be created this year and College theme baskets will show our ongoing pride in education. Featured schools are Texas A&M, Louisiana State University, University of Texas, and University of Houston. For more information about donating, volunteering, or the Stampede itself, contact maritza_wong@sbcglobal.net.

MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRel DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:



- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 1 st Grade Program 6:30	3 GO TEXAN DAY!	4 International Festival
5	6 Big Horn BBQ Spirit Night 4:00-8:00 pm	7 Book Fair	8 Book Fair	9 PTA Meeting 6:30 pm & Late Night Book fair	10 Spirit Day	11
12	13	14	15 S P R I N G B R E A K	16	17	18
19	20	21	22 Spring Pictures (Dress Code Waiver)	23 Science Night	24	25
26	27 	28	29	30	31	
STAAR TESTING Closed Campus						

MIDDLE SCHOOL/HIGH SCHOOL CLUB TRACK SIGN UPS ANNOUNCED

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2017 season. The team is sanctioned by USA Track & Field, and provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who compete on their middle school or high school track teams.

The team, which is celebrating its 30th anniversary season this year, was founded by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2016 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Sacramento, California.

For additional information about the team and the orientation for middle and high school athletes, visit www.northwestflyers.org, email linette.roach@sbcglobal.net, or "Like" the club on Facebook.

Pearland ISD Dates to Remember

March 13 - 17	Spring Break
March 22	Report Cards
April 12	Progress Reports
April 14	Good Friday (no school)
April 24 - May 2	Early Voting (Board of Trustees Election)
May 3	Progress Reports
May 6	Board of Trustees election
May 26	Last Day of School (early release)
May 26	Report Cards (Grades PK - 4)
May 26	Pearland HS Graduation (2 PM)
May 26	Dawson HS Graduation (5 PM)
May 26	Turner CCHS Graduation (8 PM)
May 29	Memorial Day (holiday)
May 30	Staff Development
June 8	Report Cards mailed (Grades 5 - 12)



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Red Imported Fire Ants

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I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take



Fire ant queen without wings.

over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

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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Fire ant queen without wings.

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Before you nix the xeriscape, know this: it doesn't mean you have to convert your lawn to a rock garden. Nor do you have to go cold turkey on turfgrass. But you do have to keep seven principles in mind

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Coined in 1981 by Denver Water, xeriscape (xeris is Greek for dry) refers to the principles of matching low maintenance landscape with low water usage.

Xeriscape is not just rocks, cactus, agaves, synthetic turf, decomposed granite and rain barrels, although these could all be components of a xeriscape. A xeriscape in its simplest form is minimal lawn, native flowering perennials and shrubs with no more than two inches of mulch, and pervious patios or decks.

There are seven principles of xeriscape. They include:

1. Planning and design
2. Soil amendment
3. Efficient irrigation
4. Appropriate plant selection
5. Mulch
6. Limited turf areas
7. Appropriate maintenance

Now let's look at what these principles really mean.

Planning and design

Always begin with a plan. Consider aspect, shade, slope, soil, and existing and desired species. Always have in the back of your mind the goal of one third lawn, one third beds and one third pervious patio or deck.

Soil amendments

Soil holds moisture. The more soil, the less supplemental water needed. One way to increase water holding capacity is compost. Add one inch of compost to the soil. Expanded shale, while not organic, is excellent for heavy clay soils.

Efficient irrigation

Of course, the most efficient irrigation is rain. But the second best is a hose. Let this sink in — an in-ground irrigation system will use

(Continued on Page 7)

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(Continued from Page 6)

50 percent more water (70 percent in the summer) than a hose-end sprinkler or hand held hose. Which do you think does a better job of conserving water?

Appropriate plant selection

Pick a good shade tree or two. Enjoy some native plants or ones well-adapted to our area. An extensive list of options is available at GardenStyleSA.com.

Mulch

Two inches of mulch, whether organic like woodchips or river rock, is sufficient. Xeric plants prefer limited mulch.

Limited turf

It's really simple. Lawns uses an excessive amount water. Therefore, reduce the size of lawns. The recommendation of weekly mowing suddenly becomes much easier.

Appropriate maintenance

Excessive pruning and fertilization does more harm than good. Just keep it simple – mow weekly, prune perennials no more than three times a year, prune trees once every five years and fertilize once a year or use compost in spring and fall.



AHFC Soccer Summer Camp Series 2017

AHFC is please to offer the Summer Camp Series at multiple campuses in and around Houston . The club invites all interested players to the Canes Fundamental Camp (Ages 5-9) or the Canes Skills & Drills Camp (Ages 10-16).



Please visit albionhurricanes.org to register and for more details about each particular campus. The camps will be offered in New Territory, Cy Fair and Katy locations. All information can be found under "Camps" at albionhurricanes.org.





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TENNIS TIPS



By USPTA/PTR Master Professional

Director of Special Events - Polo Tennis and Athletic Club

HOW TO EXECUTE THE TWO HANDED BACKHAND 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, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is

forced to retrieve a ball that is hit deep to the backhand side of the player, 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, Roxanne Cossette, a Member of the Polo Tennis and Athletic Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Roxanne is forced deep into the backhand side and realizes that she must hit a defensive lob, she pivots to the left and gets her racket back early. Notice that the head of the racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

Step 2: The Point of Contact: Roxanne is now ready to hit the ball. Her eyes are now focused 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.

(Continued on Page 9)

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Look in the next Newsletter for: “The Overhead from the Baseline”

(Continued from Page 8)

Step 3: The Follow Through: The success of a deep lob is the follow through. Roxanne's left wrist is still "laid back" and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

Step 4: The Shuffle Back: Once Roxanne finishes the stroke, her

goal is to either move forward toward the net top to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent's shot to come back.

Look in the next Newsletter for: How to execute "The One-Handed Backhand Lob"



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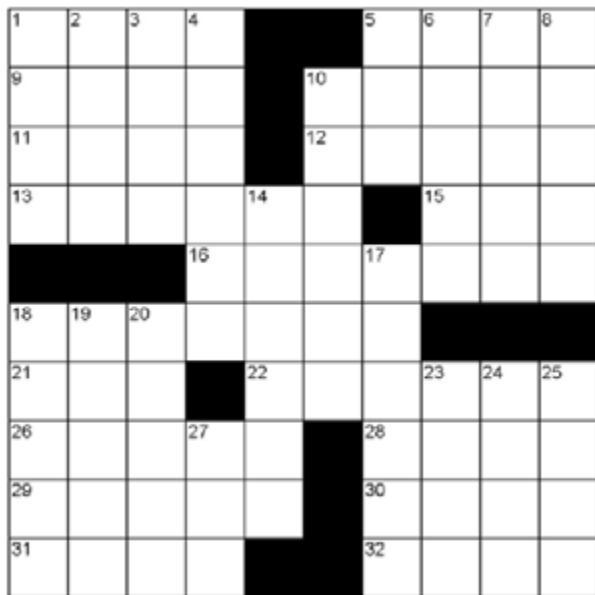
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18. Hides
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22. Large meals
26. Sheer, triangular scarf
28. Midwestern state
29. Electronic mail
30. First letter of the Arabic alphabet
31. September (abbr.)
32. Polish

DOWN

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2. Earring need
3. Organization of Petroleum Exporting Countries
4. Efface
5. Egg layer
6. Many times
7. Capital of Idaho
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