



# Silverlake

news

Silverlake Homeowner's Association, Inc. Newsletter

February 2018 • Volume 10, Issue 2



## IMPORTANT NUMBERS

BRAZORIA COUNTY SHERIFF .....	281-331-9000
POISON CONTROL .....	281-654-1701
CENTERPOINT ENERGY (GAS) .....	713-659-2111
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<i>(street lights need 6 digit pole #) www.centerpointenergy.com/outage</i>	
MUD #2 SEVERN TRENT .....	281-579-4500
MUD #3 & 6	
SiEnvironmental, LLC. ....	832-490-1600
BRAZORIA COUNTY ROADS & BRIDGES	
(street and curb repairs) .....	281-331-3197
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WASTE MANAGEMENT .....	800-772-8653 / www.wm.com
MOSQUITO CONTROL .....	281-331-6106 EXT. 1532
EMERGENCY .....	911
<i>(always use if life or property are at risk)</i>	
NON-EMERGENCY .....	281-331-9000
ANIMAL CONTROL .....	281-756-2265
CALL BEFORE YOU DIG .....	800-245-4545
CABLE/INTERNET/PHONE...COMCAST..	713-341-1000
AT&T .....	800-288-2020

## SILVERLAKE HOA INFO

Linda Hermon - Community Manager  
Crest Management Company Silverlake office location  
10100 Broadway, Suite 110  
Pearland, Texas 77584

Linda.Hermon@Crest-Management.com  
281-272-6377 Office 281-579-7062 Fax  
www.crest-management.com

**HOA website: [www.SilverlakeHOA.com](http://www.SilverlakeHOA.com)**

Nathaniel Griffin - Assistant Manager  
281-945-4667  
nathaniel.griffin@crest-management.com

**Clubhouse Rentals contact**

**Nathaniel Griffin at [nathaniel.griffin@crest-management.com](mailto:nathaniel.griffin@crest-management.com)**

## NEWSLETTER INFO

### EDITOR

To Submit Articles/News.....[silverlakeupdates@yahoo.com](mailto:silverlakeupdates@yahoo.com)

### PUBLISHER

Peel, Inc ..... [www.peelinc.com](http://www.peelinc.com), 888-687-6444  
Advertising ..... [advertising@peelinc.com](mailto: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.

## SILVERLAKE ELEMENTARY

### SILVERCREST PTA

BRR! Winter is in full swing, as is our new term. We have a lot to be proud of a lot of future events to enjoy. We'd like also like to renew our focus on good study habits and good winter health. Below we have some great tips and some updates as well as more information on upcoming events.

### GOOD HABITS AND GOOD HEALTH

Every family has unique routines that promote energetic, positive behaviors at home and at school. We offer these tips to strengthen your personal routines and to help drive school success:

- Set a nightly reading time. Reading each day strengthens vocabulary and allows the imagination to grow.
- Set new expectations for progress. Talk about motivation and set new goals. Focus on both the process and the goal to set your child up for success.
- Smile. It makes everyone happier!

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

### REFLECTION'S CONTEST WINNERS

We would like to congratulate all of our advancing entries in this year's Reflections Competition, as well as express our appreciation to all students who participated! We had an amazing set of entries, and our judges thoroughly enjoyed reviewing all of them. Advancing entries have moved onto the Council Level for further review, with the potential to advance to the State and National Levels. These students, as well as the placing entries, were recognized at our Reflections Celebration at the General PTA Meeting in January.

Please join us in congratulating the following advancing entries:

### PRIMARY DIVISION, GRADES KINDERGARTEN - SECOND

**Dance/Choreography**

*(Continued on Page 4)*

## HITTING THE SLOPES THIS SKI SEASON?

*By Kelly Cunningham, MD, Sports Medicine specialist*

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is

"How can I avoid hurting myself on the ski slopes?"

So what do I tell recreational skiers about staying healthy on the hill?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is

abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- Get in good "ski-shape"
- 6 weeks of strength and some aerobic training will suffice
- Ski within your limits
- Stay relaxed, focused & well hydrated
- Watch out for that last, fatigued run of the afternoon
- If you fall, fall forward and throw your hands in front of you
- it's proven that less knee and shoulder injuries occur in the forward lean of a fall.

And always, always, wear a helmet!

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# Silverlake

(Continued from Page 2)

Reese Christensen, Kindergarten, Reach for the Sky

## Photography

Noah Matthes, First Grade, Almost Built

## Visual Arts

Clara Quock, Second Grade, Husky Race

Jessie Zhang, First Grade, Within Reach: Happiness

Suri Li, Second Grade, HOPE Within Reach!

## INTERMEDIATE, GRADES THIRD - FOURTH

### Film

Elizabeth Jones, Fourth Grade, That's What Sisters Are For

### Photography

Jaden Owens, Fourth Grade, Mooncatcher

### Literature

Ishaan Aggarwal, Third Grade, The Magnetic Air Filter

### Visual Arts

Elizabeth Kim, Fourth Grade, Hope for the Flooded

Ms. Campbell, our Principal, presented all of our Advancing Entry Students with medallions at the Reflections Celebration in January.

## LOOKING AHEAD

2/05

Dream Dinner Spirit Night

2/08-9

Main Street Theatre Performance (All Grades will enjoy this performance!)

2/16

Spring Pictures (Dress Code Waiver)

2/19

NO SCHOOL (In-Service Day)

2/23

Go Texan Day

4/28

Our 13th 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, music, water stations and cheering crowds. Look for registration information to come home soon!

# SILVERCREST



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## MEET OUR STUDENTS

Hosting an international exchange student is a great way of opening the world to your children and teaching them about new cultures.

STS Foundation is currently looking for families for the 2018/2019 school year. What does it take to be a host family? STS accepts all types of families, be it single parents, young marrieds, empty nesters or same sex couples – we are looking for families that are willing to Share their America with a high school student for the year. All you need to provide is three meals a day and a room for them to sleep in. The student can share a room with a same sex sibling that is within five years of their age. Each student comes with their own spending money and health insurance. Most of all, they come with an excitement to learn all they can about our American way of life.

Here are just some of the many students that are available for placement:

Abby from Denmark – loves being active in sports, nature and at the beach. She is a competitive swimmer and enjoys horseback riding.

Dominik from Switzerland – an open minded, uncomplicated boy, with a real interest in American sports

Maria from Norway – she describes herself as an outgoing, adventurous, mature, compassionate person.

Saana from Finland – she is both sympathetic and empathetic. She enjoys music and sports, and according to her bio – she has a great laugh!

If you are ready for this amazing experience, please give me a call, I'd love to talk with you more about it. I am one of the Houston area STS Local Coordinators, I've worked with foreign exchange students for seven years and have also hosted 13 students on my own. I can tell you anything you need to know about hosting. Please contact Vicki Odom at 832-455-7881 or via email at vicki.stsfoundation@gmail.com.

STS Foundation is a 501(c)(3) not for profit organization who mission is to facilitate educational opportunities where all participants can break down cultural barriers, and gain respect and understanding of each other's way of life.

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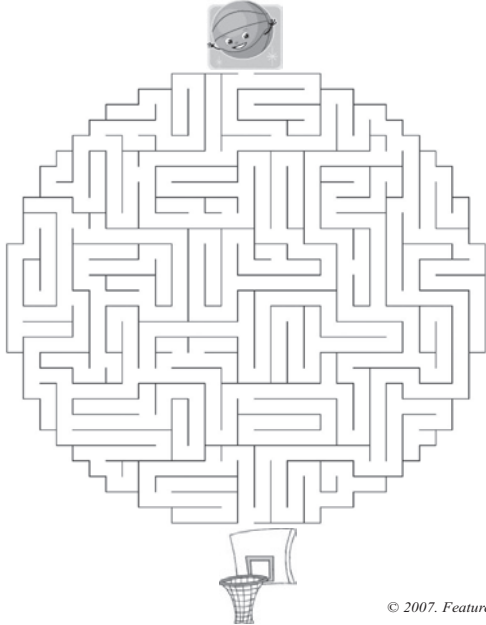
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## Kidz Maze Mania

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