

## Election Canceled

Due to the fact that all those running were uncontested, the September POA board election has been canceled. New board members will be appointed at the Annual Meeting on September 18th at 6:30 pm at Parkway Place.

## THE BRIAR BEAT IS LOOKING FOR SUBMISSIONS!

The Briar Beat would like to build community between neighbors by sharing in each other's celebrations and losses. Thus, please submit news of any birth, wedding, or death of a Briarhills resident, or a family member of a resident, to: [bhillspoa.briarbeat@gmail.com](mailto:bhillspoa.briarbeat@gmail.com)

## HEALTH HIGHLIGHTS: SEPTEMBER, HEALTHY AGING MONTH

*No matter what your age, you can stay at your personal best with these expert tips.*

*By Matt McMillen*

### 1. Get moving

Exercise regularly to maintain a healthy body and brain.

### 2. Stay social

Take a class, volunteer, play games, see old friends, and make new ones.

### 3. Bulk up

Eat beans and other high-fiber foods for digestive and heart health.

### 4. Add some spice

Add herbs and spices to your meals if medications dull your taste buds.

### 5. Stay balanced

Practice yoga or tai chi to improve agility and prevent falls.

### 6. Take a hike

Brisk daily walks this September can bolster both your heart and lungs.

### 7. Sleep well

Talk to a sleep specialist if you don't sleep soundly through the night.

### 8. Beat the blues

If you've been down for a while, see a doctor. Depression can be treated.

### 9. Don't forget

To aid your memory, make lists, follow routines, slow down, and organize.

### Expert Tips on Healthy Aging

*Tips from Gary W. Small, MD, professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center*

\*Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.

\*To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

*Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco*

\*Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.

## IMPORTANT NUMBERS

### GOVERNMENT SERVICES

Emergency .....	911
Constable ( <i>Closest Law Enforcement</i> ).....	281-463-6666
Poison Help .....	1-800-222-1222
Library and Community Center.....	832-393-1880
City Services.....	Call 311
Citizens' Assistance.....	713-247-1888
Public Works.....	713-837-0600
Neighborhood Protection.....	713-525-2525
Animal Control.....	713-229-7300
Wild animal problem .....	713-861-9453
Hazardous waste.....	713-551-7355

### OTHER UTILITY SERVICES

Street light problem.....	713-207-2222
.....	(then 1 then 4)
Power out/emergency .....	713-207-2222
Gas leak suspected.....	713-659-2111
Before you dig.....	Call 811

### BRIARHILLS SERVICES

Trash collection .....	281-368-8397
Amenity tags .....	281-558-7422
Tennis courts.....	281-558-7422
Pool parties.....	281-558-7422
Clubhouse rental .....	281-558-7422

### ADVERTISING INFORMATION

Please support the businesses that advertise in the Briar Hills Beat. Their advertising dollars make it possible for all Briar Hills residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 8th of each month for the following month's newsletter.

### NEWSLETTER INFORMATION

Article Submission.....	<a href="mailto:briarhills@sbcglobal.net">briarhills@sbcglobal.net</a>
Advertising.....	<a href="mailto:advertising@PEELinc.com">advertising@PEELinc.com</a>

## POA OFFICE INFO

### OFFICE HOURS 2017

Monday – 1:00pm – 4:00pm

Saturday – 9:00 am – 12:00 pm

And by appointment

***\*Due to the construction of the clubhouse, the BPOA physical office is closed indefinitely. However, the BPOA Office Manager will continue to maintain the above regular office hours during this time period, except on these days: November 25, December 25, December 30.***

### OFFICE CONTACT

Street Address

..... 14300 Briarhills Parkway, Houston, TX 77077

Mailing Address

..... P.O. Box 940548, Houston, TX 77094-7548

Telephone.....281-558-7422

Email .....

..... [briarhills@sbcglobal.net](mailto:briarhills@sbcglobal.net)

Website .....

..... [www.briarhillspoa.org](http://www.briarhillspoa.org)

Every resident is encouraged to register in the Briarhills POA website. This allows you to have access to various up-to-date information about the BPOA that is not available to the public. You will also be able to immediately receive, by email, important announcements. Your information will only be used for official BPOA communication and will not be shared.

### SWIMMING POOL

A pool tag is required to access the pool amenity. Check the Briarhills POA website for information on how to obtain a pool tag.

### TENNIS

A key is required to access the tennis court amenities. Check the Briarhills POA website for information on how to obtain a tennis key.

### CLUBHOUSE

Closed for construction.

### POA MAINTENANCE FEES

Invoices for BPOA dues are mailed in early December. Please contact the POA office if you do not receive your invoice by December 15. Non-receipt of the invoice does not preclude payment of the dues.

*The above information is subject to change without prior notice.*

# HOUSTON CAREER FAIR

## - SEPTEMBER 18, 2018 -

### Live Recruiting/Hiring Event

*by National Career Fairs*

**Tue, September 18, 2018**

**11:00 AM – 2:00 PM CDT**

**Crowne Plaza Houston-River Oaks**

**2712 Southwest Freeway Houston, TX 77098**

#### Live Recruiting/Hiring Event!

Ready for a new career? National Career Fairs is the industry leader and we are driving employers and future employees together faster than ever before.

Now Is The Time to Start or Advance Your Career Today!

3 Steps To Your Future...

#### 1. Register

a. Provide all information including a valid cell number so we can send you updates and alerts.

b. Emails will be sent for reminders and a few days before the event, a Career Fair Guide will be provided that lists all employers and job titles they are hiring for.

c. After registering, go to NCFJobs.com and upload your resume and search the jobs available.

#### 2. Attend Event

a. Dress for Success! Business attire.

b. Bring plenty of resumes to the event.

#### 3. Get Hired at The Event

If you have questions, call us at 877-561-5627





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Questions: [FFPS.org](http://FFPS.org) / 281-347-KICK (5425)  
To Sign Up: [FFPS.org](http://FFPS.org)



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# National Hispanic Heritage Month 2018

[www.hispanicheritagemonth.org](http://www.hispanicheritagemonth.org)

During National Hispanic Heritage Month (September 15 to October 15) we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture.

Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

Hispanic Heritage Month, whose roots go back to 1968, begins each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12.

The term Hispanic or Latino, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. On the 2010 Census form, people of Spanish, Hispanic and/or Latino origin could identify themselves as Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic,

Latino, or Spanish origin."

Today, 57.5 million people or 18% of the American population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population.

Share in this special annual tribute by learning and celebrating the generations of Hispanic and Latino Americans who have positively influenced and enriched our nation and society.



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View answers online at [www.peelinc.com](http://www.peelinc.com)

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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# REBECQUE & NANCY'S BEAT

SEPTEMBER 2018

More businesses are opening up post Harvey! One of the latest is the ever-popular Café Benedict. We are mentioning this one because rumor had gone around that they were not going to return.

One of our very tech-savvy co-workers was a victim of fraud today. He received a phone call supposedly from Verizon saying that there would be a slow down because they were moving cell towers. He was sent a text message with a code. Within 5 minutes he had received 15 emails from Verizon thanking him for the orders of iPhones. Fortunately, the Verizon fraud department addressed this problem immediately. We all have to be extra cautious.

Did anyone else gain weight during Restaurant Weeks? I love taking advantage of trying out new restaurants every year during August, but oh the toll it takes on my body! A solution to this is to sign up for one of the two upcoming Fun Runs in the Energy Corridor. The first one, the Jingle All the 5K, 10K, and Kids 1K, which will be paired with The Kolache Factory Challenge 5K and 1K, will be on Saturday, December 1 at Addicks Park and Ride. Register on the Jingle All the 5K, 1K, 1K web site. Participants will receive a tech t-shirt, die cast finishers medal, and kolaches

at the end of the race. There will be holiday activities for the children including an appearance by Santa. This may be early to discuss holiday activities, but registration started in June. We would be sorry if you missed your opportunity for fun in the neighborhood and an opportunity to help Memorial Assistance Ministries, the beneficiary of the run. We will remind you later of the other Kolache Factory Challenge fun run which will be on March 9, 2019. For those who just want to contribute, but sleep in and not run, you can register for the Virtual Run and visit the Kolache Factory later.

As Fall is approaching, some of you may be cleaning out your homes and garages. Recycling is available at the Westpark Consumer Recycling Center at 5900 Westpark. More information is available on the Solid Waste management Department web site.

Another energetic Fall project is gardening. Now is the time to plant your root crops such as onions and carrots and leaf crops. My favorite is Swiss chard which grows until the heat of summer. If you are not a gardener, then just go to the Farmers Market on Saturday mornings at Grigsby Square near Hwy 6 and I 10 feeder.



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## 2018 MID YEAR MARKET REPORT

For Briar Hills from January 1, 2018 to June 30, 2018

Number of Homes Available	6
Pending Sales	5

Number of Homes Sold	17
Highest Sales Price	\$414,000
Lowest Sales Price	\$180,000
Average Sales Price	\$285,782
Average Sales Price per Square Ft.	\$122.04
Average Days on Market	91

We live, work and play in the neighborhood and make it a priority to know the local market. Give us a call or send us an email if you have a real estate related question or when you are ready to sell. We always use a professional photographer to take exceptional photos of your property and give superior staging tips that will make your home stand out.

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