

2018-19 Board of Directors

The following POA board of directors was appointed at the September 18th annual meeting.

2018-19

BOARD OF DIRECTORS:

ALEC LUONG

JEFF DINGLER

PATRICK WOHLWEND

CONSTANTIN PLATON

HANNAH BAILEY

JAMES GILMER

MIKE SANATY

The POA would also like to thank Nina Wohlwend and Luis Cartagena, who are retiring from their board of director positions, for their years of service to our community. We appreciate all of the time you have sacrificed!

PLAYGROUND REPAIR

Portions of the Briarhills playground equipment have been taped off and are not available for use at this time. The metal landing at the top of the slides rusted through and was removed so that a new platform could be fabricated offsite. It will be reinstalled soon.

Other parts of the playground are still usable but please supervise your children and make sure they do not enter the parts that are taped off.

We apologize for any inconvenience and will let you know as soon as the new platform is installed.

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. The advertising deadline is the 8th of each month for the following month's newsletter.

NEWSLETTER INFORMATION

Article Submission.....	briarhills@sbcglobal.net
Advertising.....	advertising@PEELinc.com

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

Website

..... 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.

WIDOW SPIDERS

TEXAS A&M AGRI LIFE EXTENSION

There are four species of widow spiders found in Texas, the best known being the black widow. Coloration for widow spiders can vary dramatically, but Southern black widows are typically jet black with two reddish-orange triangles on the underside of the abdomen, forming an hourglass shape. The triangles sometimes do not touch each other creating a broken hourglass shape. Males and juveniles are smaller and often show more color, with bright markings on their sides or back.



Females lay eggs in an oval sac which can hold from 25 to over 900 eggs. Depending on temperature and time of year, eggs usually hatch after about 20 days. Spiderlings stay near the egg sac for several days where they consume their brothers and sisters. Survivors throw a thread of silk to the wind and are carried off in a process called "ballooning". They eventually locate a sheltered spot where they build a loosely woven web and remain for the rest of their lives. As time progresses, widows build larger webs to capture larger prey. Males eventually leave their webs to find females for mating. In a natural setting, most females do not eat males after mating.



Widow spiders do not like being in the open. They can often be found outside in protected areas such as rainspouts, shrubbery, firewood piles or unused grills or BBQ pits. It is also possible to find them in garages, cellars, crawl spaces, attics, furniture,

or electric or water meter boxes. Widows are shy creatures and often people are bitten when they accidentally disturb a web.

The bite of a black widow sometimes is not noticed, but when it is,

it often feels like a pin prick. The bite location will have two red marks surrounded by redness and swelling. The bite reaction is systemic and intense pain usually occurs within 1-3 hours and continues for up to 48 hours. Other symptoms include tremors, nausea, vomiting, leg cramps, abdominal pain, profuse perspiration and rise in blood pressure. It is also possible for breathing difficulties and unconsciousness to occur. If bitten by a black widow, immediately seek medical attention.

When working around the house or in the yard, it is best to wear leather gloves to avoid being bitten by venomous arthropods.

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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BRIARHILLS

REBECQUE & NANCY'S BEAT

OCTOBER 2018

As I write this, the day is September 11. While sitting around the breakfast table looking out at the restful view of Caney Creek in Sargent, Texas, my poker buddies and I are reminiscing about where we were on that fateful day. Many of you are probably doing this as well. This is one of those days in history that we should never forget.

On the way to Sargent we stopped for lunch at Asiel's, a restaurant in Lake Jackson. Not only was the seafood fresh, but we were fortunate to stumble upon local ancient history. Asiel's is located on Mammoth Lake where a fossilized Columbian Mammoth tusk was discovered. The tusk dating back about 4,000 years was cast and is displayed at the entry. The mammoth is named Asiel which means created by God.

Rebecque is back at the farm working while I am playing. That is the beauty of a team. We are all seeing houses purchased by investors starting to come on the market and are anxious to see how they sell and impact the values of our homes.

Commissioner Radack is actively working on cleaning out the Bayou and building two reservoirs in the area between Dairy Ashford and Highway 6. That is a positive start as we wait for action from the Corp of Engineers and the County projects using the bond funds.

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



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10 TIPS FOR A HEALTHY FALL

by Laura McMullen

Seeya, summer.

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

Think beyond pies and jack-o-lanterns.

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

Get your flu shot.

Want to spend a week of autumn cooped up at home, suffering from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

And while you're at it, steer clear of the common cold, too.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

Sign out of Facebook, ditch the fall lineup and head outside.

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

And while you're outside, get a workout.

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

Scare off those Halloween candy cravings.

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

Eat like an athlete – not a couch potato – on game day.

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili into cups instead of bowl-sized portions and more.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts.

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

Enjoy a healthier Thanksgiving.

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

Give back

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.

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NORTHWEST FLYERS KIDS' TRACK CLUB HOLDS REGISTRATION FOR 32ND SEASON

The Northwest Flyers Youth Track Club will celebrate its 32nd Anniversary Season by hosting its annual free Registration/Orientation Breakfast on Saturday, February 2nd, 2019, for all boys and girls who are interested in joining for the 2019 track season. The breakfast starts promptly at 8:30 AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The event is an opportunity for youth athletes to register for the 2019 spring/summer track season, and to meet the Northwest Flyers coaches, staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic organization (USATF). All athletes and parents who wish to join the Northwest Flyers must attend the orientation before registering.

The Northwest Flyers Track Club is a youth (ages 6 -18) track club, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance and relays, and sanctioned

"field" events such as long jump, triple jump, high jump, pole vault, shot put, discus and javelin.

For additional information on the Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org>, contact Linette Roach at linette.roach@sbcglobal.net, or "Like" the club on Facebook.



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- Young children should always go with an adult.
- Plan your entire route and make sure your family knows what it is.
- Carry a flashlight and wear a watch.
- Be very cautious of strangers.
- Visit houses with lights on, especially with Halloween decorations.
- Accept treats only in the doorway. Never go inside a house.
- Never pick up treats from the street. They may be poisoned or belong to another kid.
- Wearing a mask? Be sure it has large eyeholes ... better yet, wear face paint.
- Wear a flame retardant costume with reflector strips on the front & back.
- Walk, Do Not run.
- Walk on sidewalks & driveways. Look both ways when crossing a street.

Touching lives one home at a time.™