



## Get Involved in the Silverlake Homeowner's Association Neighborhoods

We are always looking for ways to improve the Homeowner's Association's role in maintaining property values and in providing useful information to the residents. Our property values are directly related to how well the HOA volunteers participate in activities and perform their duties. Many hands make the job easier and more fun! Involvement could range from one hour of your time to discuss landscaping issues to taking on larger projects such as social events for the entire community. You can help to make Silverlake a better place to live and have a good time meeting your neighbors and new friends in the process.

The Silverlake Board of Directors has created and approved the following committees to encourage participation of

volunteer residents:

- Block Captain
- Landscaping
- Newsletter
- Finance
- Events Planning

There is room for additional volunteer help in many areas that support this mission. We encourage you to share your talents and time in any way that you can. Become a neighborhood representative and/or work with the existing representative to keep a watchful eye on your neighborhood and report findings. It's a good thing!

NEIGHBORHOOD 1  
ESTATES AT  
LAKEPOINTE  
37 LOTS

NEIGHBORHOOD 2  
THE GARDENS  
82 LOTS

NEIGHBORHOOD 3  
SILVERLAKE  
TOWNHOMES  
57 LOTS

NEIGHBORHOOD 4  
ASHFORD COVE  
110 LOTS  
FAIRWAY VILLAGE  
247 LOTS

NEIGHBORHOOD 5  
CAMBRIDGE COVE  
101 LOTS  
CREEKSTONE  
88 LOTS  
LAKEPOINTE  
103 LOTS  
WINFIELD  
63 LOTS

NEIGHBORHOOD 6  
CRESTWOOD COVE  
62 LOTS  
SPRINGBROOK  
179 LOTS

NEIGHBORHOOD 7  
FIELDSTONE  
255 LOTS

NEIGHBORHOOD 8  
MEADOWVIEW  
92 LOTS  
PARKSIDE  
90 LOTS

NEIGHBORHOOD 9  
SCOFIELD  
113 LOTS  
SHELDON COVE  
41 LOTS  
SUMMERFIELD  
50 LOTS  
WEATHERFORD  
126 LOTS

NEIGHBORHOOD 10  
SEDFIELD  
391 LOTS

NEIGHBORHOOD 11  
STONEBRIDGE  
256 LOTS

NEIGHBORHOOD 12  
WATERBURY ESTATES  
111 LOTS  
WOODBEND  
163 LOTS

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Severn Trent (Water - MUD 2) .....	281-578-4200
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.....	www.centerpointenergy.com/outages
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Pearland Post Office.....	281-485-5278

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

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**Clubhouse Rentals contact**

**Silverlake Onsite Office at [SilverlakeHOA@crest-management.com](mailto:SilverlakeHOA@crest-management.com)**

## NEWSLETTER INFO

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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.

## Preventing Frozen Pipes

The American Red Cross has good advice concerning preventing frozen pipes.

Recommendations to consider before and during the onset of cold weather:

- Close any inside valves that supply outdoor hose bibs
- Open outside hose bibs and allow water to drain, keep valve open
- Newspaper can provide protection to exposed pipes in areas that do not have frequent or prolonged temperatures below freezing.
- Keep garage doors closed
- Open kitchen and bathroom cabinet doors to allow warm air to circulate around plumbing
- Let water drip from the faucet as even a trickle of water helps prevent freezing of pipes
- Keep the thermostat set to the same temperature both day and night
- If you are away, leave the heat on in your home to a temperature no lower than 55 F
- Wrap exterior pipes with commercial pipe wrap or old towels or cloths

Don't forget about plants and pets when the temperature drops. Protect plants with cloth coverings and keep pets indoors.

## Easiest Thing You Can Do To Prevent Pipes From Freezing

1. Let a trickle of water run overnight.

2. Open cabinets under sinks to allow warmer air to flow around pipes.



Household  
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101

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## HEADING OFF BURNOUT

Burnout is more than just stress—it's how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

Exercise at least three times a week. Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

Make time for a hobby. An art class, cooking, reading, sewing—anything that's not part of the regular grind and that helps you relax will balance the things that wear you down.

Practice breathing exercises. "Just breathe!" Yes, it's an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.

Get away. Take a walk at lunch, and don't take work home. Leave the office at the office. At home, find a time and place where you can

relax and unwind. Even 15 minutes of relaxation can relieve stress.

Laugh. Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle's cousin's best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

Take up yoga or tai chi. These disciplines have a restorative effect and are sure burnout busters.

Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.



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## Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at [www.floodsmart.gov](http://www.floodsmart.gov).

There are things you can do to prepare your home and family now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit [www.ready.gov/america/beinformed/floods.html](http://www.ready.gov/america/beinformed/floods.html)
- Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at [www.ready.gov/america/beinformed/floods.html](http://www.ready.gov/america/beinformed/floods.html).



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## Shedding Light on New Bulbs

Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs to be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or use. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for

disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

### Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

### Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

### Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.

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## Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksmarts.com*, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

### Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

### Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

### Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

### Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).

- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

### Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!



(Continued from Page 8)

- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.

- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.

- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.

- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

- If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

## Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.

- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.

- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug; Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.

- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.



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