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The Official Publication of The Briarhills POA

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## President's Update

Back in September, the BPOA had its yearly election and four members were voted to the Board of Directors. Three of the board members had served before and a new member, Hernan Zapata, is serving for the first time. Welcome, Hernan! I would like to take this opportunity to thank James Gilmer for his years of service on the board, and especially for planning the epic 4th of July Parade and Picnic this past summer. I would also like to thank Alec Luong for his hard work and many years as our BPOA President. Under his watch, and with his countless volunteer hours (and sleepless nights), the community center was re-built and the pool re-finished. Alec will continue on the board as a Director, rather than President. The current Board of Directors are as follows:

<b>President:</b>	<b>Jeff Dingler</b>
<b>Vice President:</b>	<b>Hernan Zapata</b>
<b>Treasurer:</b>	<b>Patrick Wohlwend</b>
<b>Secretary:</b>	<b>Constatin Platon</b>
<b>Director:</b>	<b>Maria Galiotos</b>
<b>Director:</b>	<b>Alec Luong</b>
<b>Director:</b>	<b>Mike Sanaty</b>

Head to the Briarhills POA website at [briarhillspoa.org](http://briarhillspoa.org) for email addresses for the Board of Directors. Elections are held every September, so if you are interested in running for the Board next year, look for an announcement on the website or in the Briarbeat next summer.

My focus for 2020 is on building community spirit and interaction through volunteer and community events. The Board has established two committees, the playground and landscape committees, which plan to host multiple volunteer and fundraising events in 2020. Please come to one of their meetings and learn about how you can become involved in the projects they have planned. The Board is also working on a calendar of community events for 2020. We hope to plan an activity once a month or so. Possible events include potluck socials, summer luau, 4th of July parade, movie night, camping night, and community brunch. Feel free to attend a monthly

BPOA meeting or email Maria Galiotos if you have an idea for a community event or would like to help organize one.

The BPOA is a self-managed association. What that means is that we directly contract our own office manager as opposed to outsourcing that work to a property management company. Briarhills resident, Stephanie Brewster, has been our part-time manager for the last two years. Stephanie is the person working behind the scenes to keep the community running smoothly. She can be emailed at [officemanager@briarhillspoa.org](mailto:officemanager@briarhillspoa.org) or through the "Contact Us" page on the BPOA website. You may also contact her by phone at 281-558-7422. Remember that her hours are part-time and so her reply may be delayed from time to time.

Also please be sure to check out the BPOA website for current news, upcoming events, common questions regarding the pool / amenities, deed restrictions and other community services. As always, if you have a question, concern, idea - reach out Stephanie. She will gladly put you in touch with the right person or work to get an answer for you.

Homeowners are encouraged to attend the monthly BPOA board meetings which occur the second Monday of each month at 6:30 p.m. at the Briarhills Community Center. If you are unable to attend the meetings, the meeting minutes are also posted on the BPOA website. I encourage every homeowner to read the minutes periodically so you can stay informed on board decisions and future plans of the association.

I look forward to seeing you at the playground or at our next community event.

Jeff Dingler  
BPOA President

## 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

**2019**

By appointment only

### 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..... [officemanager@briarhillspoa.org](mailto:officemanager@briarhillspoa.org)

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

To help you get acquainted with the neighborhood, please visit **[www.briarhillspoa.org](http://www.briarhillspoa.org)** and learn about current events and news happening in Briarhills. Please also take the time and register for an online account so you may access various features of the website that are not available to the public. You will also be able to immediately receive important BPOA announcements by email. Your information will only be used for official BPOA communication and will not be shared.

### BRIARHILLS AMENITIES & ELECTRONIC ACCESS CARDS

Available for the use and enjoyment of each resident is the Briarhills POA Recreation Center. The Recreation Center includes four and two-tenths (4.2) acres equipped with a swimming pool for the family, a wading pool for tots, lighted tennis courts, playground equipment, a community clubhouse, basketball court and off-street parking. Electronic access cards are required to access the pool, unisex restroom and tennis courts. Registered property owners and tenants may receive 2 cards per property address. Check the website or contact the POA office to obtain access cards.

### SWIMMING POOL

The swimming pool is normally open from Memorial Day weekend through the start of school in August, six days a week (Tuesday through Sunday). The pool is staffed with certified lifeguards during swim season and maintained by a reputable pool management company.

### TENNIS

Tennis courts must be reserved through the online reservation system at **[www.briarhillspoa.org](http://www.briarhillspoa.org)** (log-in account is required).

## COMMUNITY CENTER

The Briarhills Community Center may be reserved by residents for private events. Check the website or contact the POA office to make a reservation.

## MONTHLY BOARD MEETINGS

The BPOA board meets at the Briarhills Community Center on the second Monday of every month at 6:30 p.m. Residents are invited to attend these meeting where the board will discuss and make decisions on issues that will impact the Briarhills POA community.

## 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.*

## 2020 ANNUAL MAINTENANCE DUES

Annual statements were mailed to all POA homeowners in December. If you did not receive your statement and/or if any of your information was incorrect, please email the POA office at [officemanager@briarhillspoa.org](mailto:officemanager@briarhillspoa.org). Payments can be made by check, e-check or credit card. Please follow the payment instructions listed on your statement. Payments are processed by Mutual of Omaha Bank so please do not mail checks to the POA office. Remember, in order to avoid a \$100 late fee, all payments must be received by February 28, 2020.

### STAY INFORMED!

Are you receiving the POA news and announcements emails? If the answer is no, then please visit our website at [briarhillspoa.org](http://briarhillspoa.org) and register to be included on the POA email distribution list. Typical email topics include information regarding upcoming community events, meeting announcements, pool & amenities information and current happenings in Briarhills. Don't miss out!

### DON'T FORGET!

Please remove holiday lights and yard decorations by January 15th.

*Happy New Year from*

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## ***DEED RESTRICTIONS REMINDER***

### ***Mailbox Upkeep***



The feedback we have received at recent monthly board meetings is that there are a number of home mailboxes in the community that are in poor shape. Mailboxes are considered improvements in the deed restrictions and should therefore be maintained by the lot owner, “In a neat and attractive condition”. If your mailbox is leaning or damaged, has faded

or chipped paint, and overall looks unattractive, please repair or replace it. Per USPS guidelines, mailboxes must be placed 6 to 8 inches away from the curb and the slot or door must be 41 to 45 inches from the ground (see diagram).

Mailboxes will be closely inspected for deed restriction violations in January so please do the necessary maintenance now to avoid receiving a violation notice in the mail. Also remember that all improvements, including installing a new mailbox, needs to be approved by the architectural control committee prior to work commencing. The “Request for Home Improvement Approval” form is located on the BPOA website. Keeping the exterior of your home in an attractive condition greatly benefits the entire community. Thank you!



## **MEMORIAL VILLAGE ER**

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## Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

**Seek Quality Sneakers** - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

**Make a Schedule** - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

**Stick with Water** - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

**Go Online** - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

**Nutrition** - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at [eLivingToday.com](http://eLivingToday.com).

Photo courtesy of Getty Images #13139, Source: [eLivingToday.com](http://eLivingToday.com), Content downloaded from [FamilyFeatures.com](http://FamilyFeatures.com).



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## Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

**Set realistic goals.** Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

**Eat well.** Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

**Consider a supplement.** If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

**Get active.** Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

**Stay committed.** It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

*Find more information to help jump-start your weight management program at [TryRiduZone.com](http://TryRiduZone.com).*

### What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.



Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

### Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

### Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

*Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com*

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## KICKSTART YOUR WEIGHT LOSS JOURNEY WITH NEWSTART.

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