

Silverlake

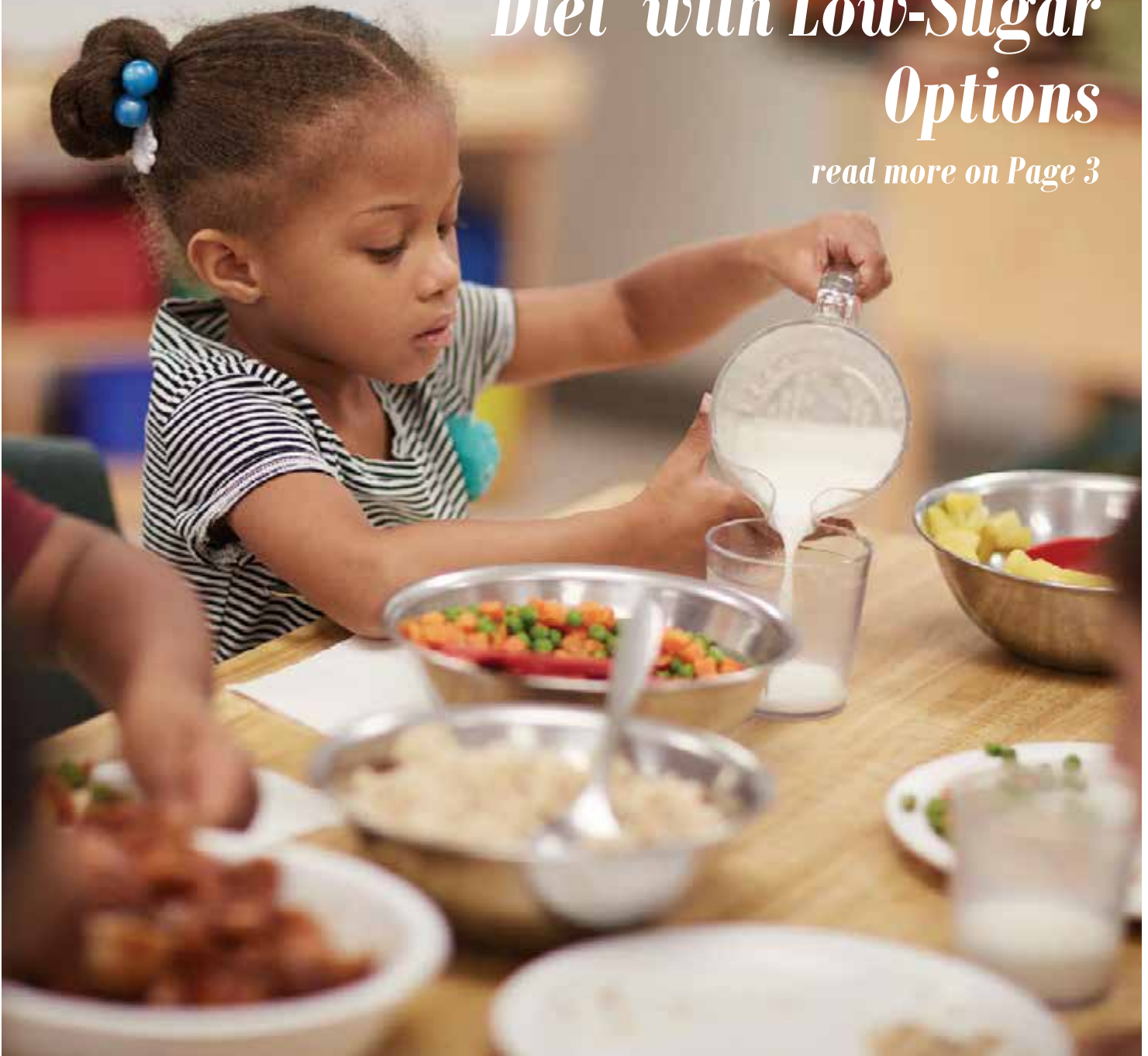
news

Silverlake Homeowner's Association, Inc. Newsletter

January 2020 • Volume 12, Issue 1

Refresh Your Child's Diet with Low-Sugar Options

read more on Page 3



IMPORTANT NUMBERS

Police/Fire/Ambulance Emergency.....911
Brazoria County Sheriff Non-Emergency.....281-331-9000
Poison Control.....800-222-1222
Texas Pride Disposal Waste Mgmt.....281-487-5000
.....www.texaspridedisposal.com
SiEnvironmental (Water - MUD 3 & 6)832-490-1600
Severn Trent (Water - MUD 2)281-578-4200
Center Point Energy (street lights need 6 digit #)...713-207-2222
.....www.centerpointenergy.com/outages
Brazoria County Mosquito Control.....281-331-6106 Ext. 1532
Brazoria County Animal Control281-756-2265
Brazoria County Road & Bridge (street & curb repairs)
.....281-331-3197
Call Before You Dig.....800-245-4545
Center Point Energy (gas)713-659-2111
Pearland Post Office.....281-485-5278

SILVERLAKE HOA INFO

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daniel.harris@Crest-Management.com
281-272-6377 Office
www.crest-management.com

HOA website: www.SilverlakeHOA.com

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Clubhouse Rentals contact

Silverlake Onsite Office at SilverlakeHOA@crest-management.com

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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.

Please Check Silverlake HOA for More Information on Events

Large parties *The Silverlake HOA is requesting that all participants bring canned/non perishable food/goods for the Pearland local food bank*

July 4th Picnic and party 2020– Event is on HOA web site

Breakfast with Santa and Toy Drive 2020– Event is on HOA web site
The Silverlake HOA is also requesting that all participants bring Toys for Toys for Tots

Smaller events *The Silverlake HOA is requesting that all participants bring canned/non perishable food/goods for the Pearland local food bank*

Post tax day paper shred event held in April 2020– Event is on HOA web site

National Night Out October 2020 sponsored by – Event is on HOA web site

Halloween decorating competition – Judging is held the week before Halloween winner will get a prize and a mention in the newsletter. – Event is on HOA web site –

Pool

Splash pad open Check web site for more information

Splash pad closes Check web site for more information

Pool season Check web site for more information

Dive in Movies *The Silverlake HOA is requesting that all participants bring canned/non perishable food/goods for the Pearland local food bank*

June – Event is on HOA web site

July– Event is on HOA web site

Aug -Event is on HOA web site

(Continued from Cover)

(Family Features) Many families look to the new year as a time to reset their eating habits and focus on making healthier choices. However, adults aren't the only ones who could use a menu refresh as children may also need to focus on healthier food choices.

A study by the Centers for Disease Control and Prevention revealed children consume an unhealthy amount of added sugar every day. Researchers found nearly all of the toddlers in their study ate an average of 7 teaspoons of added sugar daily - the equivalent of a candy bar. Additionally, according to the American Academy of Pediatrics, excess sugar consumption can lead to an increased risk of obesity and type 2 diabetes.

"Small children have small stomachs," said Courtney Hines, a nutritionist for KinderCare Learning Centers, which care for more than 165,000 children around the country every day. "You want them to fill up on nutrient-dense foods, not empty calories in the form of added sugar. When children consume lots of sugar, their palates get used to overly sweet flavors. They may not accept other, less sugary flavors or learn to appreciate the natural sweetness of a piece of fresh fruit."

The American Academy of Pediatrics recommends against the consumption of added sugar for children under the age of 2. Children ages 2-18 should aim for less than 25 grams, or 6 teaspoons, of added sugar per day.

For families that want to cut down on the amount of added sugar in their diets, Hines recommends cooking more at home, relying less on processed, packaged foods and serving only water or milk for beverages.

Consider these low-sugar ideas for meal and snack times to help control the amount of added sugar you and your family consume.

Dip Smart

Herbs, spices, citrus and fresh fruit add flavor without relying on the added sugars found in many popular sauces and dips. Consider making your own low-sugar alternatives at home so your family can still enjoy favorite flavors like these:

- * Ranch Dressing - In a bowl, combine mayonnaise, buttermilk, parsley, garlic powder, onion powder, salt and pepper for a kid-tested, nutritionist-approved take on a favorite dip. Serve over salad or as vegetable dip.

- * Honey Mustard - Popular on a variety of sandwiches and as a dip or salad dressing, combining plain yogurt with milk, honey and regular or Dijon mustard can create a more family-friendly version.

- * Teriyaki Sauce - Perfect for serving with healthier options like lo mein, chicken wraps or fried rice, a homemade version can be created using water, soy sauce, honey, ginger, garlic powder and cornstarch slurry.

Swap Out Syrup

Pancakes are a popular breakfast option at KinderCare centers and in many homes, but even the healthiest whole-grain pancake becomes a plateful of sugar if it's doused in syrup. Hines

recommends these toppings that are sweet and savory without the added sugar:

- * Nut butter or seed butter (such as peanut, almond or sun) and banana slices
- * Warm fruit compote (mix of warmed berries)
- * Applesauce (no-sugar-added variety) and cinnamon
- * Nut butter swirled into plain yogurt; mix in 1-2 teaspoons vanilla extract to add a sweet flavor

Snack Sweet

Opting for less added sugar doesn't mean avoiding sweet snacks altogether. These alternatives can still help satisfy those cravings:

- * Applesauce with baked cinnamon pita triangles for dipping
- * Toast topped with nut or seed butter, smashed banana and sprinkle of cinnamon
- * Frozen fruit smoothies
- * Plain yogurt topped with granola, nuts, seeds or fruit
- * Apple slices with nut or seed butter

For more ideas to introduce your children to healthy habits from a young age, visit kindercare.com.

#15023 Source: KinderCare, Content downloaded from FamilyFeatures.com



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ANNUAL

4th of July

BAKING CONTEST!

All Event Information Available
On The Silverlake Website!

Please bring non-perishable food items to be donated to a local food bank.



Brought To You By: **BRI**

Please go to www.silverlakehoa.com for event information.

FOOD • GAMES FAMILY FUN!

ANNUAL

4th of July

PICNIC!

All Event Information Available
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1. Trees must be trimmed so that traffic control devices are not obstructed from view of motorists.
2. Minimum tree clearance over a sidewalk shall be eight feet (8').
3. Minimum tree clearance over a residential street shall be twelve feet (12').
4. Minimum tree clearance over a parking lot shall be ten feet (10').
5. Minimum tree clearance over a non-residential or mixed use street shall be fourteen feet (14').



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SPOOKY & SCARY!

ANNUAL HALLOWEEN DECORATING CONTEST!

Silverlake residents who wish to participate are requested to notify Silverlake HOA, via email, of their interest in participating at Silverlakehoa@crest-management.com. Please include your contact information. Deadline for entry must be before October 19th. Judging commences after October 19th. Winner will receive \$100 and a photo of their property in the November newsletter.

Please go to www.silverlakehoa.com for event information.

Excluding Pests

When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace any window screens with holes

- For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh

*steel wool will rust if it gets wet, so do not use on light colored façades

- Inspect all furniture, boxes, and bags for pests before carrying them into the home

- Inspect all plants for insect pests before bringing them into the home

- Do not store firewood inside the home, against the outside walls, or near doors

- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

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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