



Baking Contest Winners 2016



One of the highlights of the Independence Celebration is the Baking Contest. Creativity and Culinary Talents abound in Silverlake and Southwyck. Although the judges enjoy sampling and rating the entries, it is a difficult job to select the best of the best. Criteria for judging is based upon Taste, Presentation, Creativity and Appeal. Most of the entries were prepared by children which makes the event even more special because they are so very proud of their creation. Each prize winner receives \$100 prize. Winners are listed in each of the categories as follows:

First Prize for the Brownie entry went to Emma & Noah Heitman for their delicious frosted brownies, each in the shape of the State of Texas.

First Prize for the Cake entry went to Emily Shelton for the unique blue fondant draped frosting and a scrumptious three-layer cake inside.

First Prize for the Cookie entry went to Ruzanna Makuryan for individually decorated cookies in Fourth of July theme and colors.

First Prize for cupcakes entry went to Joseph Moore for his cupcake creation within a waffle cone cupcake basket and yummy frosting.

Our participants certainly outdid themselves. Recipes are available for most of the entries.



Dive-In Movies will be shown at the main Silverlake Pool the second Saturdays in June, July and August.

The first movie in June will be on Saturday June 11, 2016.

Next scheduled July 9th, and August 13th

Titles to be announced and will be child appropriate.

Location: 2715 Southwyck Parkway

Start Time: Approximately 8:30 p.m.

Popcorn and cold drinks will be served.

Come to the pool and enjoy a great family evening of swimming and a movie

Silverlake Residents Reminder

When you are considering an improvement or modification to the exterior of your home be sure to obtain an ARC approval form located under Legal Documents on the Silverlake website at (www.silverlakehoa.com). The instructions are thorough and specific. For example, when replacing a fence, provide the height, materials and show the placement of the fence on the survey of your property. Also, take a before and after picture to assure that the structure has been replaced in the original form. Keep in mind that consistency is a major goal in each neighborhood so your new fence should replicate the original fence without any deviation.

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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.



Silverlake/Southwyck Annual July 4th Celebration

There was a record turnout of residents for the annual 2016 celebration of Independence Day. An estimated 1,500 participants stopped by to enjoy the food and festivities which included hamburgers with all of the trimmings, baked potatoes, the traditional hot dogs, chips, soft drinks and water. Also enjoyed were the snow cones, cotton candy and popcorn.

The Kiddie Train made uncountable trips around the clubhouse entry circle with many squeals of laughter and glee heard. Blowup castles and other Bounce Houses were enjoyed as well.

We also received an abundant number of non perishable food items to be donated to the Pearland Food Bank for those less fortunate. Thank you to all who donated generous amounts of non perishable food for this purpose.

See pictures in this edition of the newsletter of happy faces enjoying the day and Baking Contest participants who are obviously proud of their entries. There were more entries in the Baking Contest than previous years, making the judging a bit more difficult but the fun of entering just as joyful.

It appears that we will prepare for even more attendees for the 2017 celebration and hope to see you all there.

The Silverlake website has been renovated to include e-mail blasts, park reservations, and detailed information regarding your community. This site is for owners only:

PLEASE VISIT

WWW.SILVERLAKEHOA.COM

To obtain your personal log in and password. In the near future the website will allow owner account access, on-line payments, deed restriction activity and more.



Vandalism

Sad to report that there have again been issues with vandalism in the community. It seems that good weather and summer vacations provide an opportunity for mischief. Our intent is to identify the persons responsible and to prosecute. Vandalism is a crime punishable by jail, monetary fines or both. There is a potential for vandalism to cost several thousands of dollars to the homeowners when it is not prevented and/or stopped. Your Board of Directors is asking for your help in keeping a watchful eye out for malicious or suspicious behavior that may be destroying or defacing our property and amenities. A reward may be offered for identification and prosecution of the culprits. Report your findings to any of the Board members or the Brazoria County Sherriff's Office at 281-756-2392.

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13 Things Your Dog Can Teach You



- When loved ones come home, always run to greet them.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout - run right back out and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal.
- Never pretend to be something you are not.
- If what you want lies buried, dig until you find it.

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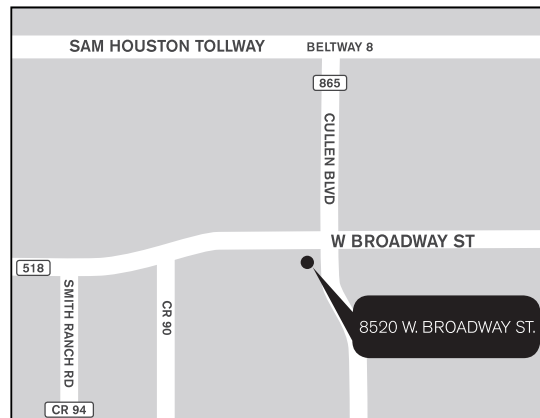
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Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the

stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.

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BLUE JAYS ARE NOT BLUE?

By Cheryl Conley, TWRC Wildlife Center



Blue Jays are easy to recognize because of their crest and their beautiful blue, black and white markings. They are also one of our larger birds, some reaching a foot long. Although beautiful, some consider them a nuisance because they can be aggressive.

Aggressiveness towards humans can occur when a Blue Jay is protecting its nest. They've also been known to dive-bomb cats and dogs. They can imitate the sounds of the Red-shouldered Hawk and often do this to keep predators away from the nest. Because they are such good parents and very protective, TWRC Wildlife Center rarely receives any eyes-closed nestlings at the Center.

Did you know that Blue Jays aren't really blue? The color we see is

the result of the inner structure of the feathers. There are two types of color in birds—pigmented and structural. The cardinal looks red because the feathers really are red. This is pigmented. Blue and green are unique colors in the animal kingdom and are considered structural colors. To explain as simply as possible, the blue in the Blue Jay is caused by microscopic structures in the feather that refract light like a prism. When the light passes through a dark layer of melanin, some wavelengths are filtered out, and the bird looks blue. Feathers look blue for the same reason the sky looks blue.

In late summer you may see a bald Blue Jay. Don't automatically assume that it is sick or has been attacked by another animal. Blue Jays, as well as Cardinals, go through a complete molt of their head feathers but they do grow back.

During the spring, TWRC Wildlife Center admits hundreds of Blue Jays, both adults and babies. They are admitted to our on-site care program and require daily care. If you'd like to learn how to feed and care for Blue Jays, volunteer and become a part of our Baby Bird Program. It's fun, it's rewarding and you'll be helping our wildlife. For more information go to www.twrcwildlifecenter.org.

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Pasta Salad

- 4 cups Elbow Macaroni
- 3 whole Roasted Red Peppers Chopped (more to taste, can also use Pimentos)
- 1/2 cups Black olives - chopped fine/ can use Calamari olives
- Add pepperoncinis sliced - to taste
- 6 whole Dill pickle slices -diced about 1/2 cup diced
- 3 whole Green onions sliced - white and dark green parts
- 1/2 cups Mayonnaise
- 1 Tablespoon Red Wine or Distilled Vinegar
- 3 teaspoon Sugar more or less to taste
- 1/4 Salt teaspoon
- Plenty of black pepper
- 1/4 cup Milk - more if needed
- Splash of Pickle juice - add more if needed/ can also add pepperoncinis juice also

Cook Macaroni in lightly salted water according to package directions. Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt & pepper. Splash in enough milk (1/4 of milk) to make it pourable. Splash in pickle juice for extra flavor. Taste & adjust seasonings as needed. Set aside.

Place cooled Macaroni in a large bowl and pour 3/4 of the dressing. Toss and add more dressing if you if you like. (Dressing will seem a little thin, but it will thicken up as salad chills).

Stir in olives, Roasted red peppers(or Pimentos), pickles, and green onions. Add more of any ingredient if you'd like stuff going on. At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve.



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