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Volume 7, Issue 5 Summerwood Community Association www.summerwood.org

# **Hints For The Home**

## How to Lose 40 Pounds.... Around Your House

(NAPSA)-The average American home collects up to 40 pounds of dust each year. That extra weight's not just unsightly-an ounce of dust can house 42,000 mites with as many as 15 different species. In fact, after two years, 10 percent of the weight of a pillow is dead dust mites, and a 9'x12' carpet can collect an average of about 10 pounds of dust per year. But the good news is the average person can burn up to 300 calories from general housekeeping, so check out the tips below and keep yourself and your house lean and clean!



Put your home on a diet by getting rid of pounds of unsightly dust that can accumulate.

How to avoid dirt and dust in your home (and work off those extra calories):

• Use window blinds that can be wiped clean rather than curtains that have to be dry-cleaned.

• Wash your bedding in hot water, at least 130 degrees to rid them of any mites.

• Try to keep the humidity level below 60 percent. Don't use humidifiers.

· Remove unnecessary objects from walls and ceilings.

• Minimize the number of stuffed animals and store items that canÕt be washed in the toy chest.

• Remove carpeting wherever possible to minimize dust collection.

• Dust each room weekly. Try Swiffer Dusters" to quickly and easily remove dust.

Used mop heads are nesting areas for germs and bacteria that can spread onto the floor. Try using a product that combines disposable pads and an antimicrobial solution, such as the Swiffer" WetJet".

Swiffer products help you quickly and easily get rid of everyday dirt and dust. They are available in the household cleaning aisle. For more information, visit the Web site www.swiffer.com.

## Health Briefs Baylor College of Medicine

Laser Is A New Effective Treatment For Severe Acne

HOUSTON – Laser technology may become one of the safest and most effective means to fight severe acne, said a dermatologist at Baylor College of Medicine in Houston.

The Candela Smooth Beam Laser has been recently FDA approved for the treatment of acne. In studies of acne on the back in volunteers, there was 98 percent improvement after four treatments.

"Patients are leaving here amazed," said Dr. Ramsey Markus, assistant professor of dermatology at Baylor. "The laser appears to be effective with very few side effects, mainly mild redness that goes away within a few hours."

The new technology heats the skin and shrinks oil glands, improving acne gradually during three to five treatments that are generally less than 15 minutes each. Physicians treat regions of the body that tend to develop acne, such as the face, back or shoulders.

According to clinical studies, a 60 percent improvement occurs after just one treatment.



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South Lake Houston EMS (Dispatch)	281-459-1277
Dead Animal Pick-Up (Precinct 1)	281-820-5151
Animal Control	281-999-3191
After Hours	281-221-5000
UTILITY SERVICE NUMBERS	
Public Utility Commission Consumer Hotline	888-782-8477
Summerwood Technologies	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
Southwestern Bell Telephone	
Entex Gas	713-659-2111
Houston Lighting & Power (HL&P)	
Municipal Utility District (MUD #342)	713-983-3602
24 Hour Service Number	
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(Pick up on Mon. & Thurs - Garbage must be out by 7 a.m.	.)
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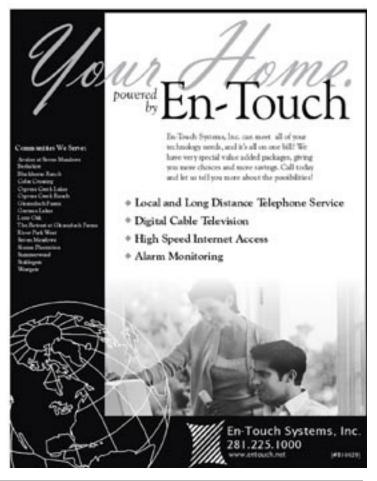
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## Cosmetic Program Helps Cancer Patients 'Look Good And Feel Better'

 $\rm HOUSTON-(March 28, 2005)-After being disfigured by life$ saving treatments, some cancer survivors inherit an entirely new setof obstacles when they face the world.

"Cancer survivors oftentimes show visible signs of their cancer treatment," said Dr. Anthony Brissett, assistant professor of otorhinolaryngology and director of facial plastic and reconstructive surgery at Baylor College of Medicine in Houston. "Patients are often eager to conceal their illness and visible side effects of their treatment in order to restore their body image."

Conventional cancer treatments such as chemotherapy, radiation, and surgery often result in hair loss, significant changes in skin tone and texture, and disfiguring scars. Since many cancer treatments do not differentiate between healthy and cancerous tissue, unwanted side effects may occur in some cases. These side effects may include accelerated facial aging, long-term changes in skin quality and character, and hair loss or unwanted hair growth.

"Often, cancer patients have significant asymmetries, imbalances, or facial paralysis following some cancer treatments," Brissett said. "By making subtle adjustments to their hairstyle, reshaping their eyebrows, and variations in make-up application, their appearance can be significantly improved. There are several ways to camouflage or minimize the effects of various cancer treatments without the need for surgery."

The "Look Good…Feel Better" program, offered at BCM and other sites nationwide, provides participants with the guidance and tools to reshape their appearance. Free cosmetic products are provided along with expert instructions on using makeup and wigs.

Sponsored by the American Cancer Society and several cosmetic corporations, the "Look Good...Feel Better" program is offered through medical institutions across the country. Brissett, who organizes such a treatment site at BCM and The Methodist Hospital, observes that participants' self-esteem generally improves with their appearance, partly because of the program's therapeutic effects.

"It allows people to try and look their best when they feel the worst and support themselves when times are challenging for them," said Brissett. "It also allows them to talk amongst themselves, so it's a group therapy in and of itself as well."

Dr. Brissett, his aesthetician, and a registered nurse work collaboratively with a small group of female cancer patients once every few months.

More information about the program can be found at http://www.lookgoodfeelbetter.org/.



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# <u>SUMMERWOOD</u>

# Lose 24 lbs. <sup>in</sup> 12 weeks... Are You Interested?



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## Health Briefs

Baylor College of Medicine

#### Human Brain Loves Surprises

HOUSTON – Most people love surprises. Scientists at Baylor College of Medicine (BCM) and Emory University may have discovered why some people actually crave the unexpected.

"Until recently, scientists assumed that the neural reward pathways, which act as high-speed connections to the pleasure centers of the brain, responded to what people liked," said Dr. Read Montague, a professor of neuroscience and director of the Brown Human Neuroimaging Lab at BCM. "However, when we tested this idea in brain scanning experiments, we found the reward pathways responded much more strongly to the unexpectedness of stimuli instead of their pleasurable effects."

Scientists at BCM and Emory's Functional Neuroimaging Group used functional magnetic resonance imaging (fMRI) to measure changes in human brain activity in response to a sequence of pleasurable stimuli, in this case, fruit juice and water. The patterns of juice and water squirts were either predictable or completely unpredictable.

## Submit Information for Publication in the Newsletter

Please help fill the Summerwood Community Association newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: *www. PEELinc.com*. Articles and/or photos must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)



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P art of my success as a Real Estate Professional comes from referrals. If you have any family, friends or acquaintances that may have real estate needs, please pass my name and number on to them or call me with their name and number. I will be sure to give them the best service possible! ాడాడా Helpful Hints నానానా Dishes Not Getting Clean?

f your dishwasher doesn't seem to be doing its job, try these solutions.

Check your water temperature by filling a glass with hot water and inserting a candy or meat thermometer into it. If the temperature is not reading between 140° F and 160° F, adjust your water heater temperature setting.

- If the water heater is not near your kitchen, run the hot water tap in the sink until the water is hot before starting the dishwasher.
- Avoid using your shower, clothes washer or garden hose simultaneously while running the dishwasher; doing so can reduce its effectiveness.
- During the winter, insulate exposed pipes as the water can cool on the way to the house, and turn up the water heater if necessary.

## **Beating Painful Blisters**

Health & Safet

B listers are caused by heat and friction. If you should get a blister, be sure not to rub or aggravate it. If it can be left unbroken, the fluid build-up will usually absorb back into the body. If you are unable to avoid friction on the blister, drain the fluid rather than allowing it to break or tear on its own. In order to properly drain a blister, perform the following steps:

- Sterilize a needle either using alcohol or by holding the tip of the needle over an open flame, then letting it cool before use.
- Insert the needle at the base of the blister, then apply pressure to the blister to let it drain.
- Once drained, carefully wash the area with soap and water, remove any loose skin and apply antibacterial ointment.
- Cover the blister with a bandage or sterile gauze.

If you are working with another Real Estate Professional, please disregard this notice.

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## ESFI, LPI Urge Awareness of Lightning Safety

(NAPSA)-Lightning traditionally causes more deaths than tornadoes or hurricanes and occurs when outdoor activity reaches a peak. The Electrical Safety Foundation International (ESFI) and the Lightning Protection Institute (LPI) are reminding consumers and those who work outdoors of lightning safety guidelines.

Protection Institute (LPI) are reminding consumers and those who work outdoors of lightning safety guidelines. Lightning strikes are fatal in approximately 10 percent of victims. Another 70 percent of survivors suffer serious long-term effects

suffer serious long-term effects. Outdoors is the most dangerous place to be during a

lightning storm. Because lightning can travel sideways for up to 10 miles, blue skies are not a sign of safety. If you hear thunder, take cover.

#### Follow these guidelines to stay safe during electrical storms:

• If outdoors, go inside. Look for a shelter equipped with a lightning protection system.

• Go to a low point. Lightning hits the tallest object. Get down if you are in an exposed area.

• Stay away from trees.

• Avoid metal. Don't hold bats, golf clubs, fishing rods, tennis rackets or tools. Avoid clotheslines, poles and fences.

• If you feel a tingling sensation or your hair stands on end, lightning

may be about to strike. Crouch down and cover your ears.

• Stay away from water, including pools, lakes, puddles and anything damp, such as grass.

- Don't stand close to other people.
- Once indoors, stay away from windows and doors.
- Do not use corded telephones except for emergencies.

• Unplug electronic equipment before the storm arrives and avoid contact with electrical equipment or cords during storms.

• Avoid contact with plumbing. Do not take baths and showers during electrical storms.

• Don't forget pets during thunderstorms. Doghouses are not lightningsafe. Dogs that are chained can easily become lightning strike victims.

Victims of lightning strikes should be given CPR, if necessary, and medical attention.

For homes and building protection, consider contracting with an experienced LPI-certified lightning protection specialist to install a lightning protection system, which can intercept lightning strikes.

LPI recommends contacting lightning protection specialists or visit www.lightning.org for details. For more information on electrical safety, visit ESFI's Web site at www.electrical-safety.org.





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Most important, **Summerwoodlife.com** will make you feel like part of the family. With this technology, neighbors come together through an interconnected lifestyle. It is a great tool for becoming an involved member of the community and to more fully enjoy your life at Summerwood.

After you have closed on your home you can logon to <u>www.</u> <u>summerwoodlife.com</u> and click on "New Resident Registration" and enter the requested information to obtain your username and password. Once submitted, this information will be sent to your Intranet Content Administrator, Patricia Ramos, and you will receive a call or an email with login instructions as soon as this information has been processed. If you prefer, you can call Patricia Ramos to set up your account and to schedule an appointment to pick up your free **Intranet Welcome Kit.** Her number is 281-225-0029 and her hours are 8:00 a.m. –5:00 p.m., Monday – Friday. Please contact Patricia during regular office hours for any training or help with getting started.

Also, please note that each household can have up to three users but any users under the age of 18 yrs. must have a Parental/Legal Guardian Consent form on file with the Content Administrator.

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#### **Creamy Pie For Tempting Dessert**



(NAPSA)-Sweet and tangy, Creamy Lime Colada Pie makes a great dessert for any occasion. Making this recipe is easy as pie. The frozen pie crust is ready to bake in its own pan and the creamy filling takes only a few minutes to mix together. Remember this delicious pie the next time you need to bring dessert to a family get-together, too. You can make it in advance, refrigerate and then easily tote the tempting pie in its disposable pan.

#### **Creamy Lime Colada Pie**

- 1 Pillsbury® Pet-Ritz® frozen deep dish pie crust (from 12-oz package)
- 1 package (3 oz) cream cheese, softened
- 1 box (4-serving size) coconut cream instant pudding and pie filling mix
- 2/3 cup milk
- 1 can (6 oz) frozen limeade concentrate, thawed Few drops green food color, if desired
- 1 <sup>1</sup>/<sub>2</sub> cups frozen (thawed) reduced-fat whipped topping
- 3 tablespoons flaked or shredded coconut, toasted\*

1. Heat oven to 400°F. Bake and cool crust as directed on package for One-Crust Baked Shell.

2. In medium bowl, beat cream cheese on medium speed until smooth. Beat in pudding mix until well blended. Gradually beat in milk. Add limeade concentrate and food color, beating until slightly thickened. Gently stir in 1 cup of the whipped topping. Pour into pie shell. Refrigerate at least 5 hours until set.

3. Just before serving, sprinkle toasted coconut over pie. Garnish with remaining whipped topping. Cover and refrigerate any remaining pie. 6 servings.

Tip: \*To toast coconut, spread on cookie sheet; bake at 350°F 7 to 8 minutes, stirring occasionally, until light golden brown. Or spread coconut in microwavable pie pan; microwave on Low 4  $\frac{1}{2}$ to 8 minutes, tossing with fork after each minute, until light golden brown.

## LAKEWOOD CRUSADERS

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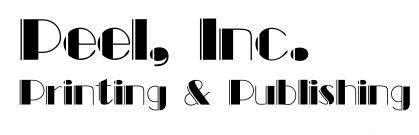
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