

What You Really Need to Know about Braces

One of the most common questions is: what is the best age to get braces? The American Association of Orthodontics (AAO) recommends that children begin seeing an orthodontist by the age of seven, to address any problems that could benefit from early orthodontic treatment. However, parents often believe that they must wait until all of the baby teeth have been lost. In some cases, the permanent teeth cannot erupt properly; there are no permanent teeth under the baby teeth; or there are bite issues that should be addressed before all the adult teeth come in.

Another misconception with many adults is that they are too old for braces. Over the past 10 years, there has been a dramatic increase in adults undergoing some form of orthodontic treatment (braces, Invisalign, and retainers, to name a few). The idea that losing teeth is part of the aging process is no longer accurate. In fact, getting permanent teeth pulled creates more dental problems over time-- and can compromise the surrounding teeth, gums, and TMJ.

One of the biggest changes in orthodontics is that, in many cases, patients no longer need to have extractions done in order to straighten their teeth. Due to advances in technology of braces, patients with very crowded teeth can still get a beautiful smile, without extractions, in less treatment time than before. In addition, the use of expanders, headgears, and other uncomfortable appliances can be avoided in some cases.

The AAO has an excellent website: www.braces.org. A new smile is just around the corner!

10 Ideas to Help You Get Organized this Spring!

Computer: Examine your desktop for icons or shortcuts you no longer use. Delete those and organize the remaining ones on the desktop in an order that makes sense for how you use them. Then add any extra icons of frequently used programs.

Pantry: On a pantry door, place a clear shoe organizer. It can be a useful place to store gravy/soup/sauce mixes, flavored rice and pasta packs, dry marinades and sauces, Jell-O, extra utensils, spices, or other small items. Shoeboxes are also great to use as inexpensive organizers for small pantry items.

Refrigerator: Before grocery shopping, examine your fridge. Discard any stale food & clean shelves with a damp cloth. Upon return, the new groceries can go right in.

Freezer/Fridge: For food in the freezer/refrigerator, rotate the oldest to the front and newest in back. Use adhesive labels to date items in storage containers.

Laundry: Before putting small articles of clothing into the washing machine, get a few inexpensive mesh bags (used for hosiery) and separate each family

member's socks, undergarments, and other small items into them. When washing is complete, these bags can be tossed into the dryer and dropped in everyone's room to put away.

Cleaning Supplies: Use a caddy with a handle to carry around cleaning products (sprays, rags, wipes, sponges) from room to room with ease. Also, items stay in one place and are quick to locate when needed.

Drawers: Use ice-cube trays and empty check boxes as drawer organizers to hold loose coin, pins, buttons, earrings, rubberbands, etc.

Paper Data: Information on Post-It Notes and business cards with important names, numbers, and addresses should be transferred to your electronic database or address book.

Garage: Use a tall trashcan or umbrella stand for holding long items such as baseball bats, fishing rods, etc.

Games: Use Ziploc bags to store small game pieces, and then put those bags back in their correct boxes.

Don't want to wait for the mail?
**View the current issue of the Summerwood
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SUMMERWOOD

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Sheldon Road VFD (Dispatch)	281-847-3300
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

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Summerwood Technologies	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
Southwestern Bell Telephone.....	800-464-7928
Entex Gas.....	713-659-2111
Houston Lighting & Power (HL&P).....	713-207-7777
Municipal Utility District (MUD #342).....	713-983-3602
24 Hour Service Number	713-983-3604
Garbage Pick-Up (Republic Waste).....	281-446-2030
(Pick up on Mon. & Thurs - Garbage must be out by 7 a.m.)	

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Summerwood New Home Center	281-225-1111
14111 Summerwood Lakes Drive; Houston, TX 77044	

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Summerwood Elementary.....	281-641-3000
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Post Office.....	713-631-2098
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Submit Information for Publication in the Newsletter

Please help fill the Summerwood 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 9th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

Advertising Information

Please support the businesses that advertise in the Summerwood Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for ad information and pricing.

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Bible Study

Friday - May 16, 2008

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Health & Safety

Sugar and spice and everything nice – well, almost.

The trouble is that refined sugars don't include anything nice. In fact, they can deplete your body of nutrients, causing damage to your vital organs if your overindulgence goes unabated. Artificial sweeteners can be equally dangerous; some have been shown to cause cancer in laboratory animals, and headaches and depression in people.

Fortunately, you have a virtual cornucopia of better choices. Read on to find out about some of the good sweeteners – raw and lightly processed sugars and syrups – and what's so great about them!

Barley Malt Syrup and Brown Rice Syrup: Composed primarily of maltose and complex carbohydrates, they are digested more slowly than other sweeteners, so they don't make blood sugar levels yo-yo.



Maple Sugar/Maple Syrup: Among the least refined sweeteners available, they are flavorful and contain minerals such as zinc, iron, calcium, and potassium.

Molasses: All molasses contains minerals, but blackstrap, the dark, syrupy "leftovers" from the sugar refining process, contains more minerals and calcium than any other sweetener.

Raw Honey: It's as unrefined as sugar gets—straight from the bees to your table.

Household Tips

NOTHING lasts forever, even if there's no expiration date to guide you. So how long should you let your stuff linger before replacing it? We talked to the experts and nailed down a "best by" date for some common household items.

Cosmetics: *Replace after three months to two years.* Microbe growth in makeup can cause skin irritations and infections. The worst offenders are liquid cosmetics, which build up bacteria more quickly. Keep mascara for a maximum of three months; other liquids and creams (eyeliner, foundation) for no more than a year. Powders (eyeshadow, blush) can be used safely for up to two years.

Mattresses: *Replace after seven years.* A mattress that sags or is uneven won't keep your spine in line as you sleep, which means you may have trouble sleeping, and neck and back pain while awake.

Toothbrushes: *Replace after three months.* Toothbrush bristles frayed from use remove plaque less effectively than those of a new brush. Swapping out your brush will also limit exposure to bacteria that build up on the bristles and could make you sick.

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SUMMERWOOD

Recipe of the Month:



Picante Sauce

- 1 lb. peppers (bell, banana, & jalapeno; according to how hot you want the sauce; the seeds of the jalapeno peppers add a lot of WARMTH!)
- | | |
|-----------------|-------------------|
| 3 onions | 3/4 C sugar |
| 3 qts. tomatoes | 4-5 cloves garlic |
| 1 C vinegar | 2 T salt |

Scald tomatoes and peel. Quarter and place in large pot. Chop peppers, onions, and garlic; and mix with tomatoes. Add sugar, vinegar and salt. Simmer slowly several hours until the sauce is the desired consistency.

If you would like to submit YOUR recipe email it to articles@peelinc.com.

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COMPOST & AERATION: Keys to a Healthy Lawn

By David Hunsaker

Compost and Aeration are key ingredients to a healthy, vibrant green turf. The combination of both Compost and Aeration help to improve the lawn's root system, soil compaction and soil composition.

The first key ingredient is Aeration. This is the process of perforating the soil with small holes that allow water, air and fertilizer to get closer to the roots. This enables the roots to grow more deeply producing a healthier, greener turf. The aeration process removes thin, cigar-shaped plugs of dirt and then deposits them on the surface of the lawn. These plugs are left on the lawn in order to get oxygen to the root system.

When lawns are not aerated, air gets squeezed out of the soil and roots cannot grow as efficiently. "The soil under the lawn tends to compact readily because, unlike garden soil, it is virtually never worked or turned. For the lawn, aerating is the alternative to tilling."*

The second key ingredient is the compost or top soil. Compost is an all natural, organic fertilizer that dispenses nutrients into your soil. The lawn is top dressed with compost after aerating. As it slowly decomposes throughout the year, it leaves you with a strong, green and lush lawn. Compost also has more of a significant amount of additional nutrients than any "brand name" fertilizer you can buy at your local home and garden center.

The process of Aerating and applying compost decreases the soil compaction, allows nutrients into the soil and strengthens your lawn root system during the stresses of summer. Both Aerating and Composting are key factors to a healthy lawn.

* All About Lawns, Ortho Books

Rachael's



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Diet and Your Health

By Jeannette Quickenden S.A.C. Dip, MIGHT, AADP

Welcome to our new feature 'what you eat and your health' our aim is to help you help you.

The old saying "we are what we eat" is so true. Everything we consume is digested and absorbed into our bloodstream to 'fuel' our bodies. At the same time, without realizing it, we are feeding ourselves large quantities of chemical additives and preservatives, which can cause numerous health issues.

A large number of the things on your grocery list contain food additives that are intentionally added to modify visual appearance, taste, texture, processing, or the storage life of food. Not all of us can tolerate these additives. A reaction for some can lead to major health issues.

We all know that eating too much junk food is bad for the waistline but did you

know that there are also numbers of 'good' foods that can have an adverse effect on some individuals?

For example do you or a family member suffer with any of the following?

- headaches
- indigestion
- depression
- candida
- difficulty sleeping
- poor memory
- constipation
- poor digestion
- menstrual problems
- irritability
- fatigue

And these are to name just a few ailments which can be diet related.

Finding the right dietary combination has also been known to help those suffering from

autism, heart disease, diabetes, osteoporosis and certain cancers – while increasing your energy and stamina. Healthy eating can even lower "bad" LDL cholesterol.

Our first article will hit home to many parents - A hyperactive nightmare on two legs – does this sound like your child? We will be looking at possible dietary causes for behavioral problems.

If you have any questions please e-mail us at jeannette@qhealth-naturally.com.

Please note to assist others, individual questions may be used in further features but no personal details will be disclosed.

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May Landscaping

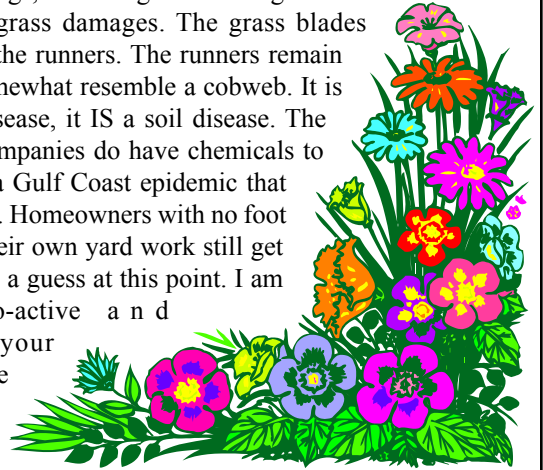
By Ron Kerwin

May is a great month to get full usage of our outdoor areas. The morning temps are nice and it has not yet become really hot in the afternoons. Continue to freely plant shrubs, trees, flowers and vegetables. Remember to put down a minimum of 2 inches of new mulch in all your beds. A good layer of mulch keeps the plant roots cooler, helps with weed control, and helps slow the water you apply from evaporating from the root zone.

Water your lawns less frequently and more deeply. Frequent short duration watering leads to shallow root systems. Less frequent longer duration watering leads to deeper root systems. Deeper root systems are more healthy and better for your lawns. They will hold up better in the extreme heat. Our lawns need one inch of water per week. Put out a container with straight sides and catch the water as you irrigate, you can easily measure the result. Two watering times at ½ inch each are better than 4 times at ¼ inch, the water penetrates further and this will force the roots down to find it. Regular mowing is critical for good lawn health. Mow only the top 1/3 of the total length. Letting the grass grow long and then cutting off more than the 1/3 is damaging to

the grass, and makes the mulching process less efficient and less attractive.

There is a new soil disease coming into our area that I was made aware of late last year. It reveals itself in St Augustine grasses. It is not cinch bugs, it is not grubs although it does resemble their grass damages. The grass blades die and fall off the runners. The runners remain in place, but somewhat resemble a cobweb. It is NOT a grass disease, it IS a soil disease. The big chemical companies do have chemicals to treat it. This is a Gulf Coast epidemic that is moving North. Homeowners with no foot traffic and do their own yard work still get it. Its origins are a guess at this point. I am trying to be pro-active and let you know your turf may get the problem & to watch out for it.



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TOTAL	16	16	9	7	13	11
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