

Trail Writer

The Official Publication of the
Winchester Trails
Maintenance Assoc. Social Committee

Volume 5, Issue 1
www.winchestertrails.com

January 2009

Board Letter-Jan

Happy New Year!

I hope you had a great and peaceful Christmas Holiday. The Board of Directors did meet on December 4th in the newly-renovated clubhouse which looks great. We had considerable damage in the clubhouse due to water, termites and other causes over the years. The repairs along with new flooring and fresh paint make the clubhouse a great place to hold parties or other events. Please contact Linda if you wish to rent the clubhouse for your event.

We had a great discussion with our contract deputy Officer Andy concerning some of the mischief which has been occurring in the Trails. We want to make the residents aware that the Board takes very seriously any activity which degrades the quality of life in the Trails which you have come to expect. Firstly, we will work with the Sheriff's Department to inform the neighborhood what can be done to prevent these problems. Secondly, we will work with the Sheriff's Department with respect to investigating to determine those responsible for any unlawful acts. Please report any suspicious activities to the Sheriff's Department.

On a safety note, please take caution at the intersection of West Road and Rio Grande. Even though we have a traffic light, there are several accidents occurring there each month. Many drivers on West Road are exceeding the speed limits when traveling between Jones Road and the Tollway. Many of those drivers in accidents at the intersection are residents of the Trails.

We will begin to see activity on the Park Plan once again as the MUD has authorized its engineer to finalize plans and send out bid packages for construction. We look forward to the Park Plan as this will add significantly to our quality of life in the Trails.

Until next month...

Walter

Upcoming Events January

- 1 Happy New Year
- 19 Martin Luther King, Jr. Birthday/
CFISD Student Holiday
- 20 Inauguration Day

MILESTONES

New Teenagers - Happy 13th!

- 01/21 - Carlos Barrios III
- 01/23 - Rick Cary

New Voters - Happy 18th!

- 01/04 - John McHale
- 01/09 - Kimberly Tang
- 01/10 - Amanda Caple

New Adults - Happy 21st!

- 01/04 - Andrew Rothenberg
- 01/16 - Ashley Rodriguez
- 01/23 - Arielle Logan

Happy 20th Anniversary!

- 01/03 - Quang & Mai Le Tong

Melissa Zmerzlikar

directory@winchestertrails.com

Howdy Partner

The Howdy Partner feature of the TrailWriter is made possible through the efforts of the Welcome Committee. If you are new to the neighborhood and have not been welcomed, please let us know. We want to stop by and say hello, get some information to introduce your family to the neighbors through this article, and give you a handy packet of information to help familiarize you with your new neighborhood. We also have Trails information available on our website at www.winchestertrails.com. Welcome to the Trails!



Go Green Go Paperless

Sign up to receive the
Trail Writer in your inbox.
Visit PEELinc.com for details.

Winchester Trails

Winchester Trails Committee Chairmen

Clubhouse Rentals	
Linda Van Zuilekom.....	281-615-0335
Directory Editor	
Melissa Zmerzlikar	kmzmerz-wt@yahoo.com
Newsletter Editor	
Brenda Heaton.....	281-970-5323
Tennis Committee	
Johnny Hooker.....	281-890-9123
Yard of the Month	
Angie Drouin.....	281-955-0644
Stork Committee	OPEN
Social Committee.....	OPEN
Welcome Committee.....	OPEN

Maintenance Association Directors

Greg Johnson	832-237-8178
Jim Malone.....	281-890-3803
Ian McCrory.....	713-818-0138
Walter Sonne	281-894-7117
Paulette Walker	281-894-5708

Jim Malone is the security representative for WT.

His email can be found on the Security page of the Trails website.

MUD #9 Officers

David Gurghigian, President.....	281-894-4140
Jeff Ottmann, Vice President	281-469-1465
Wayne Wilcox, Secretary	281-894-6233
Jim Giese, Assistant Secretary	281-890-5207
Sandor Karpathy	281-955-1138

To ask questions or report problems concerning the Winchester Trails Subdivision, call

PLANNED COMMUNITY MANAGEMENT
281-870-0585

Sheriff, Non-911 Calls	713-221-600
------------------------------	-------------

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Calling all Volunteers

Stork Volunteer Needed

We are looking for a new Stork Volunteer – you will welcome the new arrival with a stork (we have downsized so not very big) and gather information to print in the newsletter welcoming the families new addition to the Trails.

Social Committee Chairperson Needed

If you like parties and enjoy hosting gatherings then this is the spot for you! We are looking for a volunteer to facilitate social gatherings for the Trails you will be working with Paulette Walker.

Welcome Committee Person Needed

You will welcome new residents into the Trails give them packet of information, take down their information then write small articles introducing the new family into the Trails for our newsletter once a month.

If you are interested in any of the above positions please contact Ron Matthews @ 832.878.1005 for any questions. *Thank you!*

Clubhouse Availability

Our neighborhood clubhouse is newly renovated and up and running! It has new tile floors and fresh paint and is much brighter. It is available for neighborhood residents to rent for parties, meetings, Bunco, dinners, etc. The clubhouse rate is \$10 per hour with a \$30 minimum. A security deposit of \$250 and a signed contract are required to secure your booking. The clubhouse holds up to 50 people and has a kitchen with a stove, microwave and fridge, as well as 6 tables and plenty of folding chairs. For more information please call 281-615-0335 or email me at clubhouse@winchestertrails.com or view the contract on our neighborhood website www.winchestertrails.com.

Linda van Zuilekom

February Newsletter Deadline

The deadline for the Feb. newsletter is Jan. 10th. All items should be sent to Brenda Heaton at grateful7000@sbcglobal.net

Advertising Information

Please support the businesses that advertise in the Winchester Trails Trailwriter. Their advertising dollars make it possible for all residents to receive a newsletter each month 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 our Sales Office at 888-687-6444; advertising@PEELinc.com for ad information and pricing The deadline for ads is the 10th of each month for the upcoming month's newsletter.

Green Thumb Corner

The weather outside may be cold and uninviting but there's plenty of work to be done out there, and we could probably benefit from a little exercise if we relaxed too much over the holiday season. This is the best month for working with trees (planting, moving, pruning and spraying), and it's also a good time for soil cultivation and general clean-up and maintenance. Arbor Day is intended to encourage the planting of trees and in the Houston region it's observed on the third Friday in January but any time this month (or next) is ideal for planting new trees or transplanting existing ones. Be sure to choose a reasonable location, taking into account the growth habit and eventual size of the tree. Don't plant too close to the house slab. Also, remember the importance of good drainage (as reviewed in last month's article) and don't feed a new tree in its' first season of growth, except for a little root stimulator.

Fruit trees should be planted this month, and established trees should be pruned to eliminate any dead growth and to open up the center for light and air circulation. Other trees and woody shrubs may also be pruned, except for the spring bloomers where you might be cutting off this season's potential blooms. Crape myrtles can tolerate heavy pruning – cut them back to a few “broomstick” stems if you wish, or groom to any shape you desire. Nandinas and similar shrubs can be pruned by cutting out unwanted canes at the base. The fruit trees (and others) can be sprayed with dormant oil this month to eliminate scale and other insect pests that may have over-wintered in the bark. The “dormant” label refers to the fact that the oil is applied when the tree is dormant, and the oil is not an insecticide but kills the bugs by suffocation.

Take the opportunity to fill in any low spots in the lawn while they are easy to spot during this period when the grass is dormant. Use weed-free top soil or sand and don't bury the grass too deeply at each application – try to leave the tips of the grass blades sticking out to encourage it to grow through. Azaleas and camellias may be moved, and bare-root roses may be planted. Hard pruning of established roses is usually left until the middle of February. Keep these and other shrubs moist and well-mulched to guard against winter drought or freeze damage.

Prepare new beds and redesign existing ones, correcting any drainage problems, and cultivate with gypsum (to break up the clay) and lots of organic material. Prepare vegetable beds as soon as you can and allow time for them to settle so that you can be ready to plant cool-weather varieties next month. While you're out in the garden

don't forget our feathered friends – they will appreciate some food and especially fresh water at this time of year.

Phil Richards



NOT AVAILABLE ONLINE

Opt-in For Neighborhood Notices?

If you haven't received an email from our directory editor, Melissa Zmerzlikar, and would like to receive neighborhood notices on what's happening in our community please send your email address to Melissa @ kmzmerz-wt@yahoo.com. Your email address will be forwarded to Melissa at directory@winchestertrails.com or eblasts@winchestertrails.com. Thank you to all of our neighbors who are currently participating in this program.

Winchester Trails

Yard of The Month

Congratulations to both our winners



8938 Red Cloud Road



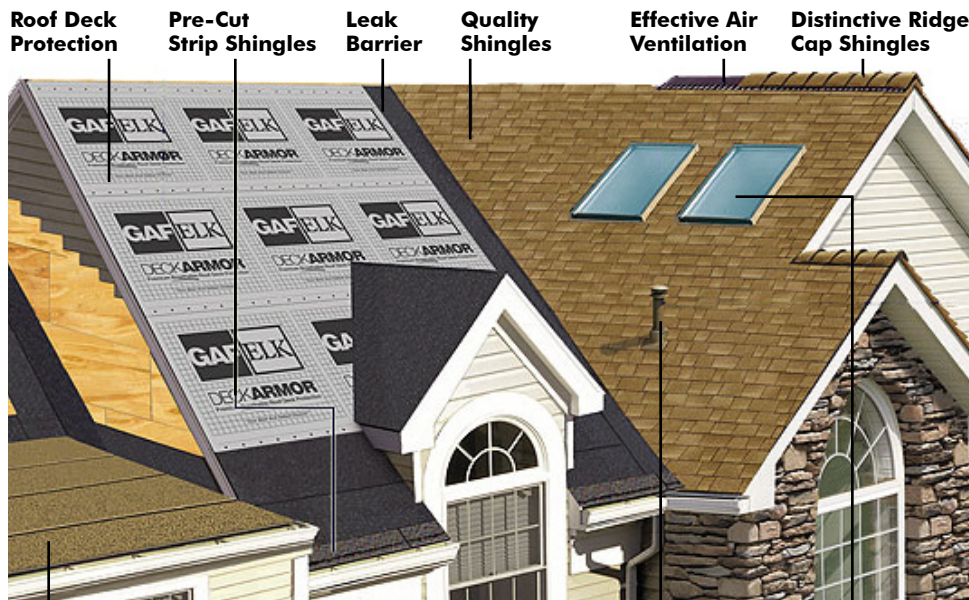
9102 South Pass Lane



Smart Choice®

ROOF SYSTEM SOLUTION

"Your Best and Safest Choice... Quality You Can Trust Since 1861!"



Reliable Low-Slope
Membranes

Roof Accessory
Paint

Premium
Skylights

\$50⁰⁰ Off ROOF REPAIR OR
SOLAR TURBINE OR RIDGE-VENT

Minimum Job requirement. With Coupon. Not valid with any other offers. Expires 2/7/2009.

\$100⁰⁰ Off NEW ROOF

Minimum Job requirement. With Coupon. Not valid with any other offers. Expires 2/7/2009.



Commercial & Residential Roofing
Siding & Painting

281-859-4500

www.bestroofingandsiding.com

Locally Owned & Operated
Longest Warranty in the Industry



Trails Tykes

Hi neighbors! We are working to get a new playgroup started in the neighborhood for toddlers and preschoolers. We'd like to hear from all who are interested and haven't already responded in order to get a better idea of scheduling and interest.

Please email your name, child's names and ages and days you are available to meet to trailstykes@hotmail.com. Also, feel free to call Kerry 281.955.5033 or Susan 281.477.9270.

We look forward to meeting you and your children!



Articles in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or any of its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. Federal Copyright Laws prohibit the reproduction of previously published materials which include newspaper articles, magazine articles and web page articles without the original author's expressed written consent. Please do not submit articles which are in violation of this law.

Bashans Painting & Home Repair

**Commercial/Residential
Free Estimates**

281-347-6702



281-731-3383 cell

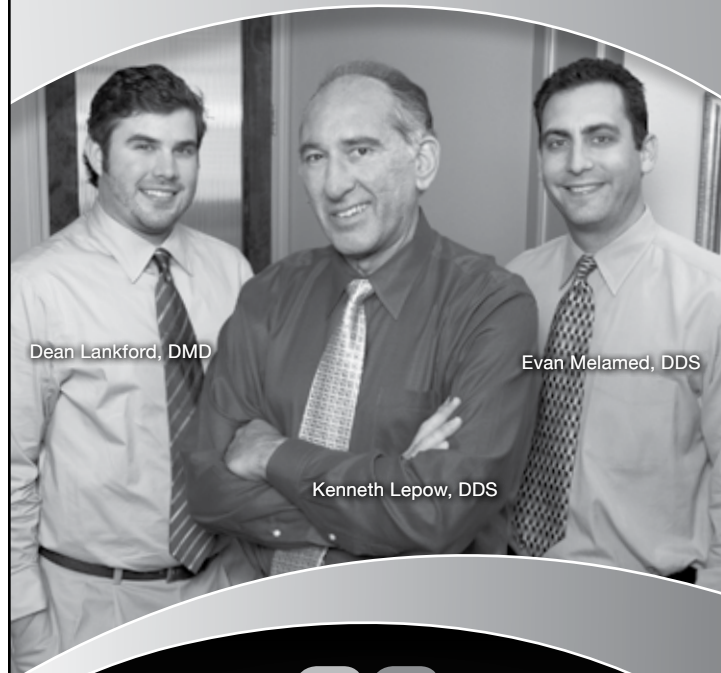


- Interior & Exterior
- 20 Years Experience
- Hardiplank Installation
- Wood Replacement
- Pressure Washing
- Sheetrock Repair & Texturing
- Cabinet Painting
- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair

**References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION**

bashanspainting@earthlink.net

All of Your Dental Needs Under One Roof



Dean Lankford, DMD

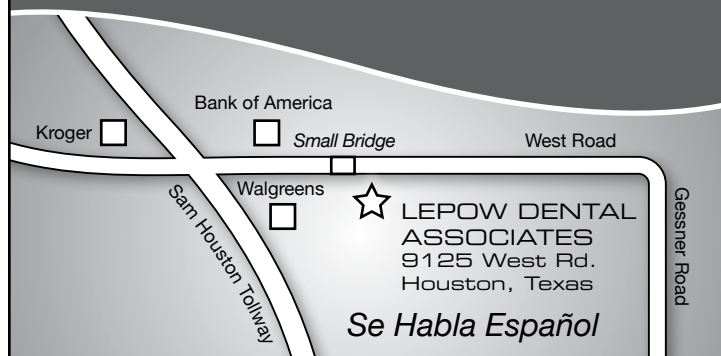
Evan Melamed, DDS

Kenneth Lepow, DDS



**LEPOW DENTAL
ASSOCIATES**

- Team of Dental Specialists
- Family Dentistry
- Cosmetic Dentistry
- Orthodontics and Invisalign
- Periodontal (Gum) Treatment/Surgery
- Root Canal Treatment
- Wisdom Tooth Removal
- Dentures and Partials
- Dental Implants



Now Welcoming New Patients!
(713) 937-0050 ■ **www.lepowdental.com**

1960 Family Practice

837 FM 1960 West Ste 105
Houston, Texas 77090
(Right behind Starbucks @ Red Oak)
(281) 586-3888

*Board Certified Physicians in Family Medicine
and Pediatrics dedicated to your care*

office hours

Mon-Tues 8am-8pm
Wed, Thurs, Fri 8am-5pm
Saturday 8am-1pm
Sunday Noon-3pm

290 LOCATION:

Mon-Fri 8am-5pm
Saturday 9am-12pm

meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
Jennifer Dong, MD
Haley Nguyen, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C

*providing
quality care
for the
entire family*



Our physicians at 1960 Family Practice are using the latest and most advanced technology to diagnose and treat your medical conditions. We perform routine physicals, well woman exams including pap, pilot/flight physicals and well child exams.

Our doctors are board certified in Family Practice, Internal Medicine and Pediatrics. We have experience of 20+ years in the medical field. We look forward to providing our patients with excellent services at our new location as well as maintaining our current care in the 1960 area. For those patients living in the 290 area, we encourage you to schedule appointments at our second location.

Because sickness doesn't revolve around a Monday-Friday 8-5 schedule, we offer Urgent Care for your convenience. Our 1960 location has extended hours with evenings and weekends available. The 290 location offers Saturday hours from 9am-12pm.

Call today to schedule your appointment. 281-586-3888



& Urgent Care Center

Family Practice, Internal Medicine
to your healthcare needs.

20320 Northwest Frwy Ste 500
Houston, Texas 77065
(turn right at the Firework Warehouse)
Located at 290 and 1960

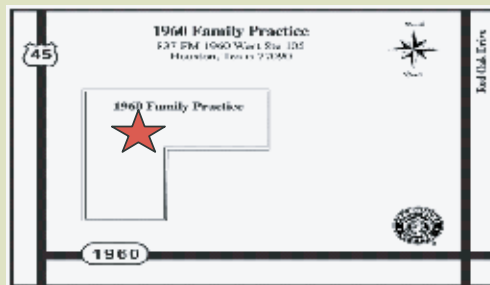
1960



FAMILY PRACTICE

NEW LOCATION AT HWY 290

20320 Northwest Frwy. Ste. 500 - Houston, TX 77065
Located at 290 and 1960



Services offered at 1960 Family Practice

Physicals	Heart Disease	Hormone Therapy
Well Woman Exams	Lung Disease	Cancer Screening
Diabetes	Sleep Disorders	Gastrointestinal Disease
Hypertension	Workmans Comp	Bone Density

Walk-In Clinic & Same Day Appointments

No appointment Necessary - Most Insurance Accepted

Accepting New Patients

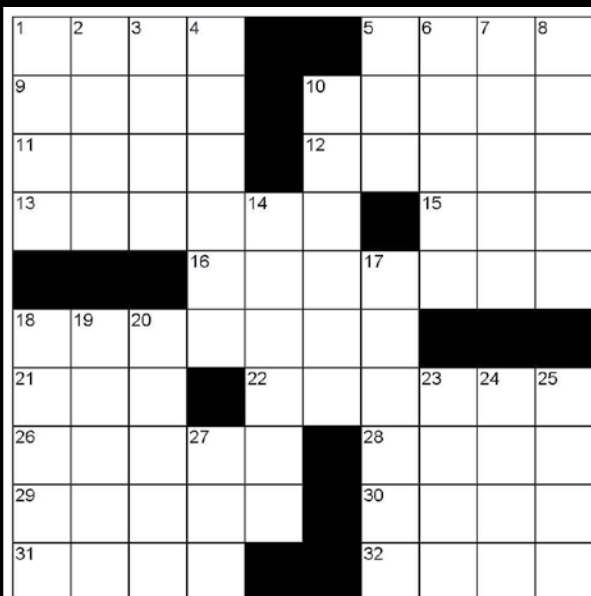
281-586-3888

Appointment press option 1

shots
\$15

Winchester Trails

Crossword Puzzle



ACROSS

1. What children learn
5. Island tree
9. Consider
10. Antiquity
11. Capital of Norway
12. Ancient Indian
13. Large shrimp
15. Past
16. Woman's saddle horse
18. Thrive
21. Free of
22. Farewells
26. Pearl
28. Rear
29. Common girl's name
30. Dunking cookies
31. As well as
32. Achy

DOWN

1. Famous cookies
2. Pear type
3. Fizz drink
4. High School dances
5. Brand of dispensable candy
6. Lord's table
7. Feudal superior
8. Star Trek Dr.
10. Scolded
14. Tropical fruit
17. Curly corn chips brand
18. First
19. Vie
20. Aromas
23. European monetary unit
24. Consumer
25. Oxford
27. Rio de Janeiro

*Solution at www.PEELinc.com

© 2007. Feature Exchange

Cypress Christian School Families Help Cypress Assistance Ministries

Mr. Gaithe, CAM's representative, spoke to students at elementary chapel November 19. He explained to the students that CAM's food pantry was low (due to needs caused by Hurricane Ike) and that they did not have even one turkey to give to the 200 families that needed them. Because of the generosity of Cypress Christian school families, CAM was able to meet the needs of those families. Afterward, some of the fourth and fifth grade boys helped Mr. Gaithe load two trucks of food and toiletry items donated by school families. A third truck was sent to Kroger and loaded with 134 turkeys that had been purchased by the faculty and staff.

CAM was overwhelmed by the school's generosity. Mr. Gaithe, through tears, asked the school staff to personally thank everyone for the outpouring of generosity. The relationship between Cypress Christian School and CAM began many years ago and continues to this day. The school has partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances.

Visit our website at www.cypresschristian.org.

US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7th

The Northwest Flyers Track Club (youth ages 6-18, affiliated with USA Track & Field) will host its annual free information / registration breakfast which starts @ 8:30 a.m. at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, Texas 77379 on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

For additional info: please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.



St. Elizabeth Ann Seton Catholic School

OPEN HOUSE

January 28, 2009
9am-2pm and 6pm-8pm

Learn to love! Love to learn!

Kindergarten-Eighth Grade 281-463-1444
6646 Addicks-Satsuma Rd. www.seascs.org



Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Making Time For Exercise Is Easy

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly.

For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.



ACE
AMERICAN COUNCIL ON EXERCISE

*Reprinted with permission from the
American Council on Exercise*

January Classes now enrolling Gymnastics



Owner & Western Athletic Conference champion Frank Thompson coaches all age groups.

Mom & Tot classes – so much FUN!

Boys & Girls

- Toddlers
- Preschool
- Elementary



"Frank's leaving competitive coaching was a tremendous loss to American gymnastics, but an even greater gain to American children through his specialized and creative program." – YOICHI TOMITA, 1988 & 2000 US OLYMPIC COACH

Frank Thompson is the one "who I give the credit of instilling the love of gymnastics within me." – RAJ BHAVSAR, 2008 OLYMPIAN



Positive, kid-friendly instructors are our signature.

20th Anniversary Specials!

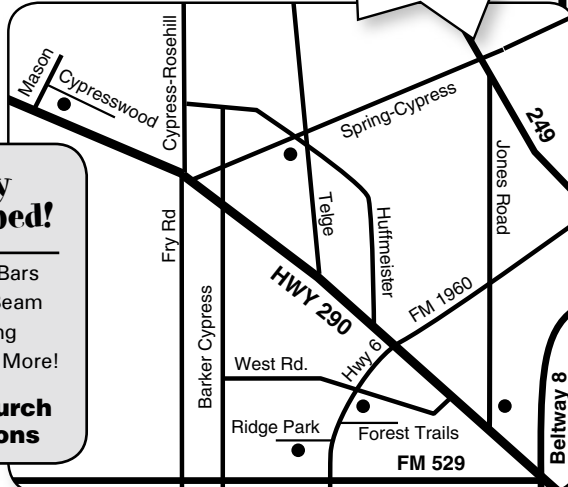
FREE
Preview Class
for New Families

**Super
MULTI-CHILD
Discounts!**

Fully Equipped!

Rings & Bars
Balance Beam
Tumbling
Vaulting & More!

**Five Church
Locations**



Thompson Tumblers
281-373-5151

Lone Star College- CyFair Perspective

It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival set for Feb. 27. Competition categories include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/cc.

L.I.F.E. Lessons in January

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Winchester Trails residents, limit 30 words, please e-mail lwool2@sbcglobal.net.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales @ 512-263-9181 or advertising@PEELinc.com.

Healthier Homes

Submitted by Charlie & Michelle Bubnis

Did you know that dryer sheets, air fresheners, scented laundry soap, scented cleaners and scented body lotion tend to have one thing in common? 95% of the chemicals used in these particular products contain artificial fragrance molecules derived from petroleum which have shown to pose human health risks.

The chemical fragrance industry is virtually unregulated. Full disclosure of the ingredients in their products is not necessary because these ingredients are considered "trade secrets". Because of this in 2005 the Food and Drug administration (FDA) issued a warning to the fragrance industry stating that the agency is serious about enforcing a law requiring companies to inform consumers that their products have not been safety tested.

Several of the common fragrance ingredients found in these products are:

- a) benzyl alcohol – a central nervous system (CNS) depressant.
- b) coumarin – animal carcinogen
- c) p-cymene – chronic effects: damage to lungs, liver, kidneys.
Target organ: CNS
- d) diethyl phthalate – possible risk of congenital malformation of fetus, targets nerves

e) musk ketone – increases carcinogenic effects of other materials.
Found in blood, fat tissue and breast milk; crosses placenta/barrier.

f) toluene – target organs: liver, kidneys, brain and bladder

Using fragrance free products for laundry and personal care products is an educated step towards making the home healthier for the entire family.

Try some of these easy less toxic options:

- Use free and clear laundry detergent
- Wash and dry cotton and synthetic products separately
- Add one half cup of vinegar to the wash cycle as a fabric softener
- Fresh fruit bowls for non-toxic fragrance in the house
- Use baking soda as a deodorizer
- Use fragrance free shampoo, conditioner, lotion and deodorant

Resources for more information:

- Environmental Health Network: www.ehnca.org
- www.cosmeticdatabase.com
- Less Toxic Alternatives, Carolyn Gorman, 2001
- Industry MSDS sheets



SparkPowerBank
www.sparkpowerbank.com

By Spark Energy

**SIGN-UP ONLINE
TODAY!**

We Challenge What You Pay For Electricity!

If SparkPowerBank isn't your current electricity provider...chances are you're paying too much!



I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.**

Why pay more than you have to? Those days are over!

Why would you want to go with an electric provider that charges you more, when you can go to www.sparkpowerbank.com and pay far less for the same electricity?

Make sense?

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.



@ Memorial City



Hours of Operations
MONDAY - SATURDAY: 11A.M. - 8P.M.
CLOSED SUNDAY

**BUY ONE ENTREE
AND GET 2nd ENTREE
1/2 off** (up to \$9.95)

Not valid with any other offer.
Offer and availability are subject to change without notice

Offer Expires 12/31/2008

Operated by Winchester Trails Resident

12310 Kingsride, Houston, Texas 77024
713.973.3948 phone 713.973.3916 fax
www.papajoesbbq.com

Peel, Inc.

311 Ranch Road 620 S. Ste 200
Lakeway, Texas 78734-4775

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

☎ Voice 512-263-9181

💻 www.PEELinc.com

WT