

News For The Residents of Summerwood

Summerwood

Volume 11, Issue 6, June 2009

Healthier Homes

By: Michelle and Charlie Bubnis

Non-toxic Relief from Mosquitoes

That high pitch hum in your ear...summer is here and the mosquitoes have arrived. It's time to take action but let's keep the family protected and safe.

Don't use any mosquito spray that contains DEET (diethyl toluamide). DEET is a very effective insect repellant but not the best choice for the families' health.

DEET is a known neurotoxin, causes kidney and liver damage and has been implicated in birth and developmental defects. "Children in particular are at risk for subtle brain changes caused by chemicals in the environment, because their skin more readily absorbs them, and the chemicals more potently affect their developing nervous systems."¹ The World Health Organization (WHO) states that over 30% of the global burden of disease in children can be attributed to environmental factors, including pesticides.²

If the bottle of repellant you are planning to purchase contains DEET the label will say: may damage furniture finishes, watch crystals, leather, painted or varnished surfaces. This is a very harsh chemical that shouldn't be sprayed on the skin.

So what are some other options? Vinegar, either white or apple cider will work. Put it in a salad dressing bottle and sprinkle it on exposed skin. There are also herbal oils that are recommended such as tea tree, cedar, peppermint, citronella, eucalyptus and lemongrass. Mix these oils with cooking oil to dilute prior to putting on the skin.

If you wish to purchase insect repellant BUG OFF³ from Dr. Mercola is a healthier option. It contains several of the essential oils listed above.

Mosquitoes are attracted to light colored clothing especially yellow. They zero in on fragrances from scented body care products, laundry detergents and scented fabric softeners. The use of unscented fragrance free products decreases the families' neurotoxic exposure but also keeps mosquitoes searching for another meal. Mosquitoes do not like the smell of garlic so by using a product called Mosquito Barrier (a very potent garlic solution) on the lawn, this will repel mosquitoes from the yard.

Check the external home environment. Be sure to empty any standing water around the home because this will provide the mosquitoes with a breeding ground. Consider putting up a bat house. A bat can eat approximately 600 mosquito sized insects an hour.

With these measures in place your family will probably not hear a high pitch hum in the ear this summer. The mosquitoes will find a better location than your home for their next meal.

For more learning and resources:

1 Duke University Medical Center (2002, May 2) DEET Brain Effects in Animals, Warrant Caution

2 Beyond Pesticides Fact Sheet: Children and Pesticides Don't Mix, Debra Lyn Dadd: About Natural Mosquito Relief, www.1001nets.net, cotton mosquito nets from Australia

3 Bug Off Toll free number to order: 877-985-2695

Eight Water Safety Rules for a Safe Summer

Submitted by Lynn Neillie

1. Always have a pool gate around home pools. This includes having a locked and securely fastened gate that is not accessible to little ones.
2. Continuously educate children on water safety. This is a great thing to do at home, on the boat, at the pool, wherever there is water. Each time you are getting your little one ready for a swim session or water play, go over the rules of water safety. Repetition is key with small children. Make sure your swim instructor incorporates a "Safety Lesson of the Week" into its lesson curriculum. This includes questions about water safety and how to avoid dangerous situations.
3. Designate a "Water Watcher." This is a responsible adult who sticks to alcohol-free beverages during swim time and who is in charge of keeping both eyes on the pool while it is in use. Or, better yet: consider renting a Lifeguard for your party or group event.
4. Remove all pool toys, floaters, ring buoys and other child-enticing items from the pool area when it is not in use. One wrong reach for that floating rubber ducky could be disaster.

(Continued on Page 2)

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Eight Water Safety Rules - (Continued from Cover Page)

5. Clear homes of common household items that can be dangerous to a curious toddler. It takes just 2 inches of water for a child to drown in a bucket. Put all mop buckets, dog dishes and coolers out of children's reach.
6. Never leave a young child in the pool or bathtub--even "just to get the phone."
7. Enroll your child in swim classes. Start lessons early. The longer a child has lessons the more they understand water safety. A great time to do this is in the spring! This way your kids are already prepped and ready to roll for the summer swim season. You'll want to find an inside heated pool and lesson times geared towards working families.
8. Supervise, Supervise, Supervise! Try to have your eyes on your children in and around the pool at all times. Adults should always be present when any child is in the pool area.

Let's help our kids love the water while also respecting it by being safe and well-trained at all levels.

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~~~~~ Health & Safety ~~~~~

Diabetes is epidemic. It affects an estimated 21 million Americans and is growing at an alarming rate. Nationwide, 1 in 12 adults has diabetes, and type 2 diabetes, formerly known as adult-onset diabetes, has become a commonplace childhood disease as well.

But, there is some good news: You can delay or prevent the onset of the disease by losing a modest amount of weight, getting 30 minutes of physical activity 5 days a week, and making healthier food choices.

In addition to making these preventive lifestyle changes, you should also ask your doctor to screen for diabetes if you are at risk for the disease, because the first symptoms are either insidious or negligible. Risk factors are: having a family history of diabetes, being age 45 or older, being overweight, having high cholesterol or high blood pressure, not exercising regularly, being a woman who had gestational diabetes or a baby weighing 9 pounds or more at birth, and being a member of certain racial and ethnic groups, e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, American Indians and Alaska Natives.



If you do have diabetes, treating the disease comprehensively – that is, managing not only blood glucose, but also blood pressure and cholesterol, and maintaining a healthy diet and exercise program – can help to prevent complications of the disease.

~~~~~ Household Tips ~~~~~

Want to do your part for the environment without spending a lot of money? Here are some frugal ways to incorporate eco-friendly, green living into your lifestyle while minding your bottom line.

- Make a conscious effort to reduce your garbage and increase your recyclables – donate toys, clothes, old computers, cell phones and extra food to charities.
- Get a reusable water bottle and a water filter for your kitchen faucet. You'll save a bundle of money on bottled water, and prevent the plastic bottles from ending up in the landfill.
- Plan your meals before grocery shopping to limit impulse buys. The money you save can be spent to purchase organic, locally grown fruits and veggies. Also, aim for two or three meatless meals a week. Fruits, veggies and grains require fewer resources to grow than meats, and can help you stay trim and healthy.
- Think before you print – do you really need that hard copy? You can also reduce the environmental impact of your paper usage by purchasing recycled office paper, and printing on both sides. And remember to recycle used paper at home!



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SUMMERWOOD

Regular Checkups Big Part of Staying Healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As we age, it is even more important to have regular screenings, kind of like having a favorite old car that we have to "baby" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. **For people with no chronic health issues, Rosenbaum suggests:**

- People in their 30s should have checkups every two to three years
- By 40, checkups are recommended every 12 to 18 months
- Annual checkups starting by 50

RECOMMENDED SCREENINGS INCLUDE:

CHILDREN

- Hearing
- Vision
- Height/weight/Body mass index
- Blood pressure
- Speech and motor skills development
- Social/behavioral skills

TEENS

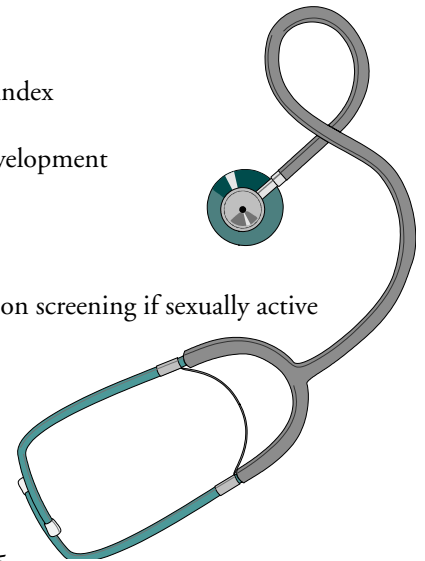
- Pap smear
- Sexually transmitted infection screening if sexually active
- Vision

20S

- Vision
- Pap smear
- Lipid test

30S

- Baseline mammogram at 35
- Vision
- Pap smear



(Continued on Page 5)



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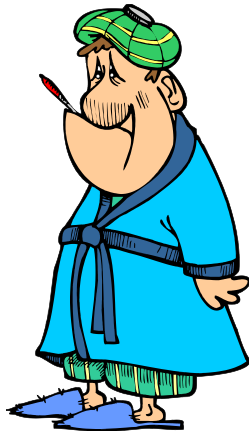
Regular Checkups - (Continued from Page 4)

40S

- Mammogram
- Pap smear
- Vision
- Prostate
- Heart stress test

50-PLUS

- Colonoscopy
- Glaucoma/vision
- Prostate screening
- Skin cancer
- Stress test
- Hearing



There are many factors that could influence the frequency of screenings.

Family history of certain illness and risk factors should be discussed with your doctor. For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

Remember, talking about family medical history with your doctor is just as important as staying up to date on your checkups.

Meet Chris

DOB: 3/1993

Chris is an energetic youth who enjoys playing video games, lifting weights, and playing sports. He adores animals. Chris is talkative, outgoing and enjoys new experiences. Chris is very likeable and has tremendous potential.

Chris responds best to positive praise and reinforcement. He needs a family that will commit to him, ensure him that he's loved and safe. He will do well in a family that is active and has other children his age or older.

Chris will thrive in a family able to provide a structured routine and clear rules.

If you would like more information about adoption from foster care in general, please contact the Adoption Coalition of Texas at info@adopttexas.org or www.adoptioncoalitiontx.org



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June Landscaping

Submitted by Ron Kerwin

It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. If you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water-soluble fertilizer. Try to use filtered or distilled water for these plants and baskets

to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended.

Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, eunonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.

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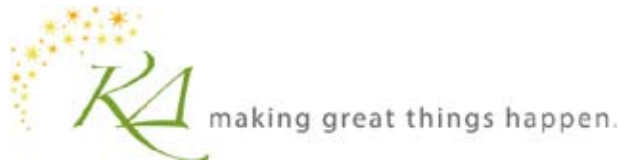
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Attention Kappa Delta Sisters ...

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How To Start Playing Tennis

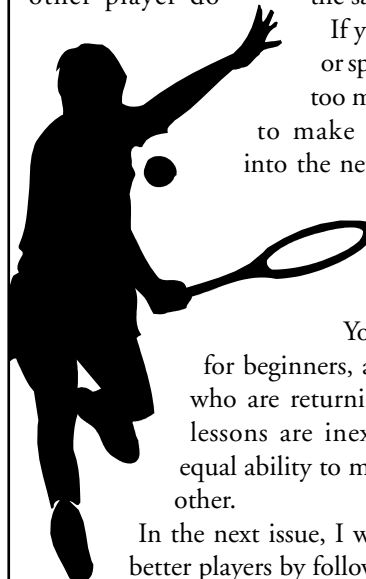
Fernando M. Velasco

In the last issue, I gave you some tips on how to select the proper racket, strings and shoes. In this issue, I will give you some tips on how to practice with another player.

One does not need a full tennis court to practice the fundamental strokes of the game. I suggest contacting some of the tennis centers in your area and ask them to give you some of their "old teaching balls." Most of the clubs replace them every so often and they may have some that are still good for practicing.

I recommend placing the balls in a ball hopper (available in sport stores), or even a simple laundry basket (like we used to before the sophisticated ball retrievers became available). Start practicing by simply dropping the ball and hitting it over the net. Remember to take your racket back early, have a good point of contact and follow through without snapping your wrist. Start first with your forehand and then practice your backhand.

After hitting all balls over the net, then each player should be on opposite sides of the court. One will feed the ball; the other will try to retrieve it back. Try to hit as many consecutive balls as possible. Once, all balls have been used up, then let the other player do the same.



If you are playing with your spouse or spouse-to-be, I suggest not making too many suggestions. No one wants to make mistakes and hit balls long, into the net, nor to the parking lot. Your local tennis professional will come in handy to give you advice on how to become a "consistent" player.

Your local club offers many lessons for beginners, advanced beginners and players who are returning to the game. These group lessons are inexpensive and allow players of equal ability to meet and later practice with each other.

In the next issue, I will give tips on how to become better players by following the "CCDP" principles.

More Tips to Come!

Sun-Blocking Babies Leads To Need For Vitamin D

Baylor College of Medicine

HOUSTON - The lack of sunshine exposure in many babies and small children has led to an upsurge in vitamin D deficiency and rickets.

"Since we don't want infants and children unprotected in the sun, we are now recommending vitamin D drops for all babies," said Dr. Steven Abrams, a professor of pediatrics at Baylor College of Medicine in Houston. "In addition, there is increasing recognition that maintaining adequate vitamin D intake is important for all ages, from infants to the elderly."

Infant formulas and cow's milk are fortified with vitamin D at the levels needed by infants and toddlers. However, breast milk does not contain enough vitamin D for some babies, especially those with dark skin who have limited sunshine exposure.

"The body can make all the vitamin D it needs when the skin is exposed to sunlight," said Abrams, also a researcher at the USDA's Children's Nutrition Research Center at Baylor. "However, the dangers of skin cancer have caused us to recommend that everyone, including young infants, be protected with a sunblock when exposed to sunlight. Sunblock also prevents the production of vitamin D."

Vitamin D is not easily obtained through diet. Certain types of fish are good sources, and some soy beverages, fruit juices and ready-to-eat cereals are fortified with the vitamin. Checking food labels is the best way to see if vitamin D has been added.

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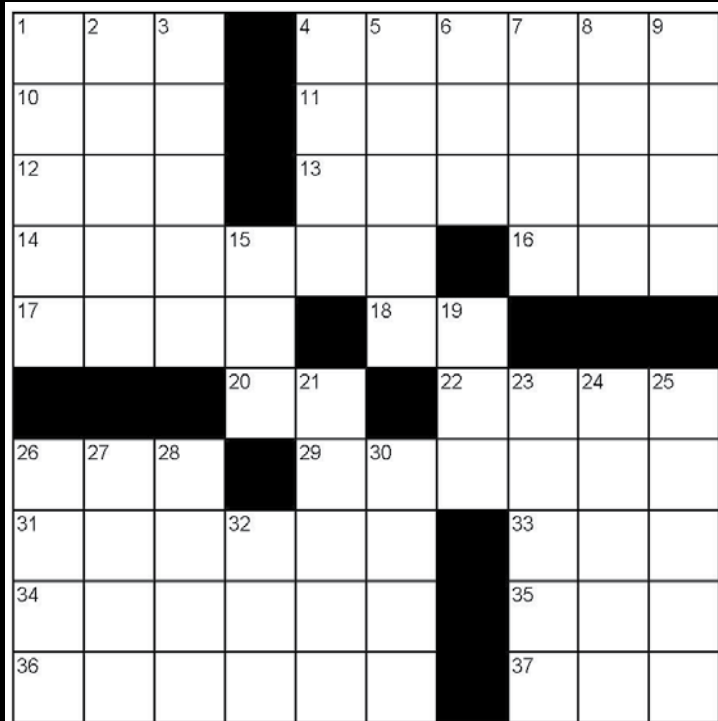


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Crossword Puzzle



ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi ____
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem ____ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene

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TOTAL	16	16	9	12	10	15
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Is your realtor providing this information to potential buyers? Are they even aware of it?

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* All figures based off MLS data 5/10/09 **For communities 2500 acres