

# Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



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[www.windermere lakes.net](http://www.windermere lakes.net)

Volume 4, Issue 2

## BAYLOR COLLEGE OF MEDICINE - HEALTH BRIEFS

### *Work Stress Can Impact The Whole Family*

Work-related stress can have serious physical and psychological consequences on an individual and his or her family, said Dr. Catherine Barber, assistant professor of psychiatry and behavioral sciences at Baylor College of Medicine.

"If people do not have the appropriate coping skills, they may take this stress out on their family," said Barber.

The first task is to take care of yourself. Barber recommends sports or community activities or the use of relaxation techniques to help cope. She said having a friend or counselor to whom you can talk about work-related stress can also help. Proper diet and exercise also help in lowering stress levels.

Barber also advises taking a small amount of time at work each day that is just for you. This can be arriving five minutes early or doing something positive for yourself during your lunch break. It is also important to avoid office conflicts, if possible, and resolve any that do arise promptly.

Although some may consider work-related stress inconsequential, cumulative stress can lead to heart disease, depression and anxiety disorders, she said. Knowing the warning signs of depression, such as poor sleep, appetite changes and feelings of guilt or worthlessness, is important when dealing with stress.

### *Product Labels Help Consumers Cut Trans Fat*

Checking the labels of food products is the easiest way to cut down on trans fat in your diet. Trans fat raises bad cholesterol, LDL (low-density lipoproteins), and lowers good cholesterol, HDL (high-density lipoprotein), elevating the risk of developing heart disease.

"You want to consume as little trans fat as possible," said Dr. Rebecca Reeves, a registered dietitian and assistant professor of medicine at Baylor College of Medicine. "Avoid processed foods like cookies and crackers and eat more whole grains such as oats and brown rice."

Reeves advises avoiding regular margarine because it contains trans fat. She said products that contain sterols and stanols, substances that occur naturally and have powerful cholesterol-lowering properties, are a better choice that have been shown to reduce the risk of heart disease. When reading the product labels, Reeves said it is important to understand that a product that advertises "Zero Trans Fat" could still contain some – less than 0.5 grams of trans fat per serving. Checking the nutrition facts panel is important. Remember that even though a product may have little trans fat, it could still be high calorie. She recommends checking the levels of saturated fat and cholesterol per serving when choosing foods.

### *Herbal Medications Pose Risk To Elderly Population*

Older people, who are more likely to take prescription medications and suffer from chronic diseases, face increased risks when taking herbal or dietary supplements, said an expert at Baylor College of Medicine.

"Older people tend to take multiple medications," said Dr. Donald M. Marcus, professor emeritus of medicine – immunology, allergy and rheumatology at BCM. "This could make them more vulnerable to drug interactions and the toxicities of herbal medicines."

Many times the composition of herbal medications is unknown, as is the amount that equals an effective dose, said Marcus. There is also a lack of governmental oversight on the contents, effectiveness and safety of herbal medicines.

National surveys show that 8 percent of American over the age of 65 use herbal medications. However, nearly half of them do not tell their doctors about that use. Without that information, their physicians cannot make informed decisions about which medicines they should prescribe.

Physicians should also educate their patients about the use of herbal medications, such as potential side effects and drug interactions.

*(Continued on Page 2)*

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|---|--------------|
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\* We are establishing our Committees for 2009 and need resident volunteers! If you are interested in participating with us, please contact us at [www.windmerelakes.net](http://www.windmerelakes.net) for more details. This is a great way to meet your fellow neighbors and to help make our Windermere Lakes community a better place to live.

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### Bike Safety - (Continued from Cover Page)

## Personalized Cosmetic Procedures Provide Best Results

If a cosmetic procedure is in the budget for the new year doctors at Baylor College of Medicine advise keeping skin tone and texture in mind when making decisions.

"Various skin types scar differently, so talking to your doctor about your concerns is important," said Dr. Anthony Brissett, assistant professor of otolaryngology and director of the Baylor Facial Plastic Surgery Center at Baylor College of Medicine.

People with darker skin tones often have hyperpigmentation, or skin discoloration. Some patients have worries about exuberant scarring like keloids, an overgrowth of tissue at the site of a healed skin injury. They can be treated with steroid injections, creams and radiation or removal with an incision but patients should talk with their doctor about the potential outcome of a cosmetic procedure.

Others may opt against plastic surgery but still want to keep their skin looking healthy and youthful. They should talk with a doctor about other options, such as office-based treatments like injectable fillers or even over-the-counter skin regimens.

### *Don't want to wait for the mail?*

View the current issue of this newsletter on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com)

## Rachael's



## Valentine's Day Headquarters



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Gerri Rougeau, Windermere Lakes Resident

## MEET NICHOLAS

DOB: 02/1996

Nick is a friendly and sweet child, although he is shy when meeting new people. Nick enjoys interacting with other children in his class and in his home. He also likes to please others and enjoys helping when he can. Nick is all boy and enjoys throwing a football, playing outdoors, video games & board games. He also likes to draw and play with various action figures. Nick is also interested in collecting cars. Nick performs well in school and receives good reports from his teachers. Nick is most proud when he is reported for doing things well. His foster parent notes that he can be a very sweet and helpful child. He befriends other children easily. He catches on to various activities quickly and likes to figure things out, such as how to take things apart and put them back together. Nick's caseworker notes that he's competitive when playing games and is a natural "practical joker" as he enjoys making people laugh.

If you would like more information about Nick, or the adoption process, contact the Adoption Coalition of Texas at [info@adopttexas.org](mailto:info@adopttexas.org).

Remember - There are no fees to adopt from the foster care system, regardless of what agency you work with!

The Adoption Coalition of Texas is a nonprofit organization (operating under the Austin Community Foundation), created in 2003 to focus on finding forever families for children languishing in the foster care system. Adoption Coalition of Texas partner agencies include Arrow Child and Family Ministries, Child Protective Services, Lutheran Social Services of the South, Marywood Children and Family Services, and Pathways Youth and Family Services.



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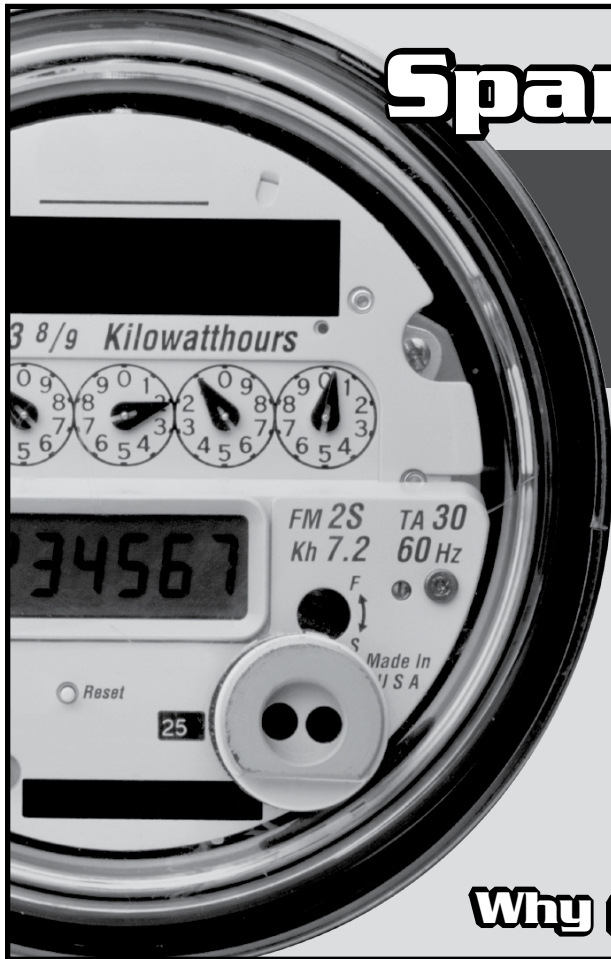
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## THE GIVER BY LOIS LOWRY

### *"A Perfect World?"*

The Giver by Lois Lowry won the 1994 Newbery Medal. Considered a young adult book, I purchased it for my nephew, but wanted to preview it before giving it to him. While I thoroughly enjoyed the book (it is intensely deep and invited more thought and examination than any other book I've read in a long time), I don't think the content is appropriate for young adults. I'll explain this in more detail, but in preparation for writing this review, I noticed that The Giver is on many middle school reading lists, but it is also on many banned book lists and appeared on the American Library Association's list of the most challenged books of the 1990's.

Although I didn't give the book to my nephew, I think it is an excellent adult read. This book makes you really think. It describes a community that lives in what the author describes as a "perfect" world—one without pain, emotion (including love), color, decisions, surprises, memories, inconvenience and even temperature variations. While this is definitely not my idea of a perfect world, the people of this community of people live their daily lives in a very robotic and extremely organized way.

Each member of this community is assigned a specific role at the age of 12 and the main character, Jonas, is given the role of Giver. He is given all the memories of past generations where there was pain, love, hunger, the brilliance of color and he is responsible for holding all of these memories so no one else has to live through them. The way the Receiver transfers these memories to Jonas and the horrifically hard life that awaits Jonas is extremely interesting and creative.

When Jonas questions things—which he has never been permitted to do—he understands the very hard, but accepted way of life in his community. In particular, the "releasing" of the rule breakers, elders and anyone else who stands out or is an inconvenience to the group is heart wrenching—this is the part that is not for young adults.

The book is extremely creative; from the way the community and each family are structured to the unique role each person is assigned. It begs the question, "What would you give up to live in a more secure world?" and on the other hand, "What would you sacrifice to live life to the fullest?"

I definitely have Gathering Blue and Messenger on my reading list, two other books that are companion reads to The Giver.

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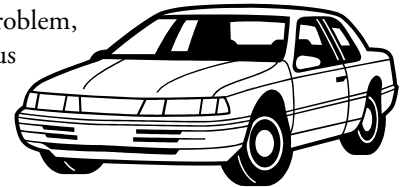
## ASK AN EXPERT: MAINTAIN YOUR VEHICLES REGULARLY *To Save Gas And High Repair Costs*

Written by Chris Yarger

There are more benefits to maintaining a regular schedule of preventative maintenance than just a longer car life. A well serviced vehicle will not only perform as it should but will run more efficiently, saving its owner money and avoid unplanned or potentially unsafe situations. Following these simple steps provide cost-saving benefits to protect your vehicle life-span:

- **CHANGE ENGINE OIL AT REGULAR INTERVALS** – Engine oil will clean, lubricate and cool your engine properly. When oil levels are inadequate or not changed with its filter as recommended, your vehicle consumes more gas to compensate for increased heat and friction among the engines moving parts.
- **CHECK FLUIDS MONTHLY** – Your engines vital fluids including antifreeze, transmission and brake fluids must be kept at their proper levels to prevent rust and dirt build-up which can ultimately clog or restrict the flow of fluids and damage internal parts. An engine deprived of clean fluids will struggle to operate efficiently and ultimately burn more fuel.

- **CHECK TIRE PRESSURE WEEKLY FOR MAXIMUM FUEL EFFICIENCY AND SAFETY** -- Properly inflated tire pressure is key for fuel efficiency. An under inflated tire causes increased road resistance which makes the vehicles computer to allocate more fuel to the engine. Tires should also be rotated every 5,000 miles to prevent uneven wear and prevent a potential blowout and hazardous situation on the road.
- **SERVICE YOUR VEHICLE REGULARLY BY A TRUSTED AUTOMOTIVE EXPERT** – Regular preventative maintenance rather than costly repairs keeps you driving efficiently and safely while protecting resale values and warranties. Follow the maintenance schedule per your owner's manual and do not neglect even a small problem, as they can lead to dangerous situations and costly repairs.



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Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_ Age: \_\_\_\_\_  
(first name, last initial) [This information will only be used to notify you or your parents if your artwork was selected.]

# Happy Valentines Day



WN

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 1 | 2 |   |   |   |   |
| 2 | 4 |   | 9 |   |   |   |   |   |
|   | 7 | 1 | 6 |   |   |   |   |   |
| 7 |   |   |   | 9 |   | 8 |   |   |
|   |   | 2 |   |   |   | 6 | 5 |   |
|   |   |   | 3 |   |   |   |   |   |
|   | 5 |   |   |   |   |   | 3 | 7 |
| 9 |   |   |   |   | 1 |   |   |   |
| 1 | 3 | 8 |   |   |   | 5 |   |   |

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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| <b># of Listings</b>     | 9                      | 0       | 11                     |
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| <b>Average Price</b>     | \$311,599              |         | \$268,954              |
| <b>Avg Price/sq.ft.</b>  | \$89.80                |         | \$80.45                |
| <b>Avg DOM</b>           | 145                    |         | 56                     |
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