

Windermere Lakes

H O M E O W N E R S A S S O C I A T I O N



July 2011

www.windermRELAKES.net

Volume 5, Issue 7



JULY 2011

HEALTH BRIEFS



Keep Up With Routine Eye Exams

Maintaining good vision should be a top health priority for you.

Many eye diseases, such as glaucoma and macular degeneration, can go undetected and destroy your eye sight later in life.

It is important to keep up with routine eye exams to detect early onset of these and other diseases, according to Dr. Douglas Koch, professor of ophthalmology at Baylor College of Medicine. Family history and secondary condition such as diabetes can also increase your risk of developing these conditions.

At Baylor's Alkek Eye Center, there are highly skilled ophthalmologists who can diagnose and treat eye diseases before the damage occurs. We also offer expert care and the latest technology in contact lens care and treatment of cataracts, ocular surface diseases, dry eye, disorders of the eyelids, and visual problems related to the nervous system to make an appointment at the Alkek Eye Center, please call 713-798-6100.

Antacids May Mask Serious Problem

Taking an over-the-counter antacid on a regular basis could be a sign of trouble, warns a Baylor College of Medicine physician.

"If you are taking an over-the-counter antacid on a daily basis, you have more than just occasional heartburn," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "If that is the case, you should see a doctor."

Heartburn can occur when certain foods cause the muscle controlling the barrier between the stomach and the esophagus to relax, allowing stomach acid to rise more easily into the chest and leaving a burning sensation and a sour taste in your mouth.

You can improve the symptoms by avoiding large meals, eating several hours before bedtime and reducing your weight if you are overweight. If these measures don't help, prescription medications may be necessary, said Qureshi.

Frequent heartburn could signal a chronic condition or gastroesophageal reflux disease (GERD), which afflicts more than 7 million Americans annually. Ignoring frequent symptoms could lead to complications such as strictures (a narrowing of the esophagus), ulcers, difficulty swallowing and even esophageal cancer.

"The bottom line is to not ignore heartburn," Qureshi said, "If you are having heartburn several times a week, especially if it interrupts your sleep, or notice difficulty swallowing, you should see a doctor."

Summer Treats Should Not Replace Healthy, Balanced Meals

When you hear the familiar sound of the ice cream truck coming

down the street this summer, be sure to consider how a summer treat fits into a balanced diet, said an expert at Baylor College of Medicine.

"Any snack needs to be in proportion to a person's nutrient needs based on age, gender and activity level," said Dr. Karen Cullen, associate professor of pediatrics-nutrition at the USDA/ARS Children's Nutrition Research Center at BCM.

Consider the frequency and portion size of summer treats, and be sure not to let snacks replace or interrupt regular meals, she said.

Summertime is a great opportunity to discover new fruits that are in season, including watermelons, mangos and strawberries. Fresh vegetables are also available at reasonable prices. Taking children to a farmer's market can be a fun activity with great benefits for the whole family.

Too Much Sodium Can Harm Your Health

When your blood pressure goes up, your sodium intake must come down, said an expert at Baylor College of Medicine.

"There have been many studies that suggest that too much sodium

impacts blood pressure, which increases the risk of cardiovascular disease and stroke," said Dr. Rebecca Reeves, assistant professor of medicine at BCM.

Studies show that Americans eat an average of 3,400 milligrams of sodium per day - that's 1,100 milligrams more than the recommended 2,300 milligrams per day, said Reeves.

Her tips on controlling sodium intake include:

- Eat more whole grains, fruits and vegetables and cut back on sweets and red meat.
- Read food labels for sodium levels per serving
- Replace salt with fresh herbs and spices when cooking
- Use low sodium products when available
- Rinse canned veggies and beans before cooking to reduce sodium levels
- Don't salt food at the dinner table

Foods high in salt and thus high in sodium include cured meats, pickled foods, many different snack foods and crackers and various types of seasonings.

Although medication also helps reduce high blood pressure, the results will be even better with dietary changes. Following a low sodium diet plus taking blood pressure medication daily will help lower and maintain blood pressure.

(Continued on Page 6)

Windermere Lakes

IMPORTANT NUMBERS

Emergency	911
Sheriff's Dept.	713-221-6000
Center Point Energy - Customer Service (Gas).....	713-659-2111
Cy-Fair Fire Dept	911
Cy-Fair Hospital.....	281-890-4285
Animal Control.....	281-999-3191
Center Point (Street lights)	713-207-2222
Library	281-890-2665
NW Harris County MUD #29	713-983-3602
Post Office.....	713-937-6827
Reliant Energy - Residential Electirc.....	713-207-7777
SCS Management Services, Inc.	281-463-1777
Comcast Cable/Communications.....	800-266-2278
Waste Management/Trash Pick Up.....	713-686-6666
Southwest Water Company	713-405-1750
(Service/Billing - NW Harris Co. MUD #29)	

BOARD OF DIRECTORS

President	Kevin Swicegood
Vice President	Raj Amin
Treasurer	Sreehari Gorantla
Secretary.....	Gerri Rougeau-Eubank
Directors	Kevin McClard

COMMITTEES:

Security	Kevin Swicegood
Social	Bill Wentzell
Clubhouse/Recreational Facilities	Dianne Wentzell
Communication.....	Gerri Rougeau-Eubank
Landscape	Judy Maze
Finance	Sreehari Gorantla
Architectural Control/Deed Restrictions	Kevin McClard

*All Board members and Committees
can be contacted at www.windmerelakes.net*

NEWSLETTER INFO

Editor.....	newsletter@windmerelakes.net
Publisher	
Peel, Inc.	www.PEELinc.com , 888-687-6444
Advertising.....	advertising@PEELinc.com , 888-687-6444

Do You Have Reason to Celebrate?

We want to hear from you! Email
newsletter@windmerelakes.net to let the
community know!

HARCO INSURANCE SERVICES



10777 Northwest Freeway, Suite 800 Houston, Tx. 77092

Tel: 713-681-2500 www.harco-ins.com

- Automobile / Homeowners / Flood Insurance
- Personal Umbrella Liability

Contact: Kathey Hoffmaster x240
Gerri Rougeau, Windermere Lakes Resident

Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

TIPS FOR A HEALTHY SUMMER

Eat Smarter & Move More

Submitted by Sarah S. Jordan, MS

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.

Small Changes = Big Results

Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.

Traditional Summer Food

Hot dogs Turkey dogs
Hamburger..... Turkey burger
Potato saladFruit salad
Chips and high fat dip.....Assorted vegetables and hummus
Fried chicken.....Grilled chicken kabobs with veggies
Pie.....Fresh pineapple
Soda and sweet tea..... Iced tea with lemon
Using high-fatmayonnaise in dishes
..... Use low-fat mayo or the kind that has olive oil in it

A More Healthy Alternative

Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

Get Movin’!

Instead of a party revolving solely around the food involved, why not create a “buffet of games” and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the “active” theme ahead of time so they can dress accordingly and be prepared to move.

Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most “artfully challenged” piece of “art.”

Play a classic game of “Kick the Can.”

Make sure you have at least 3-4 people playing this game. One person is “it” and guards the “can.” (Can needs to be in an open space.) Other players hide while the “it” person counts to 20 and then goes to find the other players. Captured (tagged) players go to “jail.” Anyone not captured can kick the can, which sets all jailed players free. If the “it” person finds all players before the can is kicked, the “it” person wins the game.

Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

Send your guests on a scavenger hunt.

There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here’s to a healthy and active summer ahead.
Cheers!*



RECIPE OF THE MONTH - BROCCOLI CHEESE SOUP

Ingredients

3 T oil
1 C chopped onion
6 C water
6 cubes chicken bouillon cubes
8 ozs. fine egg noodles
2 - 10 oz. pkg. chopped broccoli
garlic powder
6 C milk
1 lb. shredded Velveeta cheese
opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

Enjoy!



PEEL, INC.
community newsletters

Your friends are our friends!

Call today
to learn about our
referral program!

512-263-9181

Financial Focus

Submitted by Matt Smith, Edward Jones

On July 4, we shoot fireworks, attend picnics, watch parades and otherwise celebrate our nation's independence and the many freedoms we enjoy. But as you go through life, you'll find out how important it is to work towards another type of freedom — financial freedom. That's why you need to put strategies in place to help you work towards your own Financial Independence Day.

And there's no way to "sugar-coat" this task, because it will be challenging. In recent years, a combination of factors — including depressed housing prices, rising health care costs, frozen or eliminated pension plans and the financial market plunge of 2008 and early 2009 — has made it more difficult for many of us to accumulate the resources we'll need to enjoy the retirement lifestyle we've envisioned. In fact, the average American family faces a 37 percent shortfall in the income they will need in retirement, according to a recent report by consulting firm McKinsey & Company.

But now that we've gotten the "bad" stuff out of the way, let's turn to the good news: You can do a great deal to work towards financial freedom during your retirement years. Here are some suggestions that can help:

- **Save and invest more.** Obviously, the younger you are, the greater the benefit you'll get by increasing your savings and investments. But whatever your age, you'll find that it pays to save and invest more. During difficult economic times, of course, it's not always easy to boost your savings and investments, but try to find ways that are as "automatic" as possible. For example, whenever you get a raise, increase your 401(k) contributions, which come directly from your

paycheck. And whenever you get a "windfall," such as a tax refund, try to use part of it for your IRA or another investment account.

- **Rebalance your portfolio.** It's always a good idea to periodically rebalance your investments to make sure they are still aligned with your goals and risk tolerance. But it's especially important to rebalance as you get older and you near retirement. At this stage, you'll want to decrease the volatility in your portfolio and lock in what gains you've achieved, so you may want to move some (but certainly not all) of your more aggressive investments into less volatile ones.

- **Cut down on debts.** It's easier said than done, but anything you can do to reduce your debt load will free up money to invest for your retirement. Work diligently to pay off whatever debts you can and examine your lifestyle to find areas in which you can reduce spending.
- **Consider working part-time during retirement.** Many Americans are now living longer and enjoying happy, healthy retirements. In fact, the concept of "retirement" has changed so that it now includes any number of activities — including part-time work in a completely different area from one's previous career. If you are willing to do even a little part-time work during your retirement years, you can greatly reduce the financial pressures you may face during this time of your life.

The 4th of July comes and goes quickly. So put strategies in place now to help you work towards your own Financial Independence Day.

Work Toward Your Own Financial Independence Day!

Rachael's



Keepsake
ORNAMENT
PREMIERE
is July 16th & 17th

12240 FM 1960 W @ N. Eldridge • 281-469-3881

St. Elizabeth Ann Seton Catholic School

Living, Loving, and Learning in Christ and the Church



Now Registering for
Fall, 2011

Excellent Curriculum
Before and After School Program
Computer and Science Labs
Christian Formation
Athletics

Pre-K3 through eighth grade
6646 Addicks Satsuma Rd.

(281) 463-1444
www.seascs.org

READY MADE FAMILY?

Siblings can be a source of frustration, rivalry and competition as children learn some of the more important lessons in life like communication, negotiation, teamwork and forgiveness. Siblings can also be a source of support, friendship, security and loyalty as children learn to grow together and value the unique aspects of having a family.

Keeping a group of siblings together that have been waiting in the foster care system is a worthy and challenging objective. Finding a family that will take a group of siblings to be permanent family is an even more difficult task. However, the value of having a permanent family for a group of siblings is

immeasurable. Do you have the space in your home and in your heart to be the answered prayer for a sibling group looking for a home?

Maribel (15), Isabel (14), Noah (11), and Tereso (8) are a fabulous foursome looking forward to finding a forever family. As a group, they are smart, polite, engaging, active, and athletic. They hope to find a family that will allow them to stay together as well as encourage and support them in reaching their full potential.

To find out more about this wonderful group please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter,

at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>



COLIN'S HOPE

Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING ALERT!!!



Typically more children drown in JULY than in any other month!

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

Download a QRcode App on your phone & scan me!



NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



Irreversible brain damage can occur in 4 minutes or less.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown may not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

SUDOKU

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

View answers online

© 2007, Feature Exchange

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.

At no time will any source be allowed to use the Windermere Lakes newsletter's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Windermere Lakes newsletter is exclusively for the private use of the Windermere Lakes HOA and Peel, Inc.

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.

It's Heating Up!

Save on Your Energy Costs with StarTexPower.

SIGN UP online TODAY at
www.StarTexPower.com.

Be sure to use
"Neighborhood Newsletter"
as your referral!

We pride ourselves with low rates, award-winning customer service, and no supprises.

Listen to Alan "Petrodamus" Lammey, host of 'Energy Week', every Sunday on 1070 KNTH in Houston.

To speak to Alan Lammey about your electricity needs, call: 281-658-0395



PH: 866-917-8271
PUCT #10089





PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

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

WN



RE/MAX

Professional Group

832-478-1205

**T
H
A
N
K
Y
O
U**



David Flory

Direct line:

281-477-0345

WWW.SUPERDAVE.COM

Windermere Lakes



Thank you for selling our home after just one week on the market! In today's housing market that is quite impressive. The Flory Team did a great job at making sure our home got the marketing exposure it deserved. Because of the professionalism of The Flory Team, we were able to sell our home quickly and purchase our dream home!

- Paula and Leo Kleiweg -

Each Office Independently Owned and Operated

- **#1 Realtor in Windermere Lakes***
- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

*According to information taken from the HAR MLS Computer
**Realtor Teams per Remax 9/2008, 3/2009