

Windermere Lakes



H O M E O W N E R S

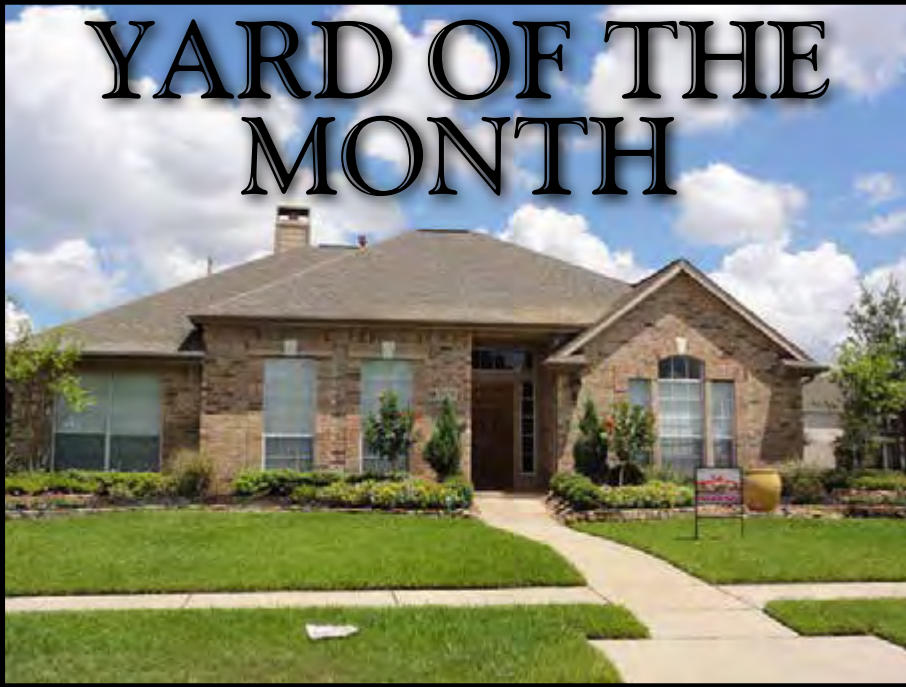
A S S O C I A T I O N

September 2011

www.windermerylakes.net

Volume 5, Issue 9

YARD OF THE MONTH



And the Winner is... 11802 Sunset Lake!

Extreme heat and lack of rainfall have not stopped this homeowner from recently updating the landscaping and plantings. This home has terrific landscaped flowerbeds along with a refreshing water feature. Its newly planted flowers, trees and shrubbery provide a refreshing and inviting front entrance. Healthy green grass rounds out this great yard.

CONGRATULATIONS TO OUR WINNER!

The committee appreciates all of the homeowners who make our subdivision beautiful. If you would like to participate on the yard of the month selection committee or nominate a residence for yard of the month, please let us know by visiting our website at www.windermerylakes.net

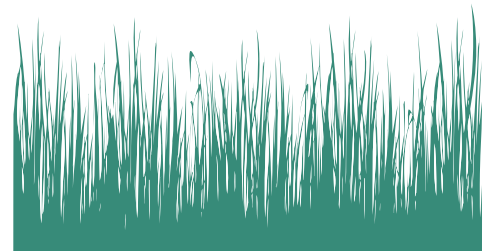
Judy Maze
Chairperson, Landscape Committee

LANDSCAPE FOCUS

Maintain Your Yard Safely

Properly maintaining your yard helps your home and our community look good. Just make sure that safety is a priority when undertaking your landscaping efforts:

- Clear sticks and debris before you mow. Random debris kicked up by a lawn mower can seriously injure you and those around you. Also, mowing debris shortens the life of your mower and dulls the blade.
- Replace the cord on your weed trimmer. Your trimming will be safer if you have strong trimmer cords. Always wear eye protection when using a trimmer.
- Maintain your lawnmower in top working condition. If you find yourself mowing the same areas again and again, it's time to inspect your lawnmower. Keep a maintenance checklist of important components like air filters, blades and oil.
- Keep plants and shrubs about five feet from foundation walls, and keep trees at least six to 20 feet away, depending on their size. Plant roots that are too close to the foundation not only cause damage to the structure, but may also attract bugs and mold into your home since they tend to hold moisture.



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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
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(Service/Billing - NW Harris Co. MUD #29)	

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Immunizations: NOT JUST FOR KIDS

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States. Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines. What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE & RECOMMENDED SCHEDULE

INFLUENZA

Yearly, especially if at risk

MENINGOCOCCAL

One dose, age 11-12 or 13-18 if not previously immunized

TETANUS-DIPHTHERIA/TETANUS DIPHTHERIA-PERTUSSIS

One dose, age 11-12, then booster every 10 years

HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only)

MEASLES - MUMPS - RUBELLA

If born after 1956, one or two doses if never immunized up to age 65

PNEUMOCOCCAL

One dose, at or after age 65

VARICELLA (CHICKEN POX)

Two doses if no prior infection or immunization received

ZOSTER (SHINGLES)

One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>. For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

FENCING CLASSES

AGES 6 AND OLDER
RECOMMENDED SCHEDULE

The Met Life Family Center

Located in 1960 Area off Jones Rd.



Fencing Academy

Northwest

832-338-9808

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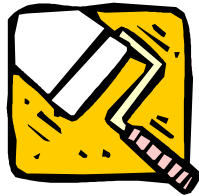
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HEALTH BRIEFS SEPTEMBER

EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.
- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

(Continued on Page 5)

Health Briefs - (Continued from Page 4)

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.

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TEXAS EVENTS

September
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17—LAKE JACKSON: United In Him Festival Christian festival includes food, shopping and music. MacLean Park. www.unitedinhimfestival.com 979/299-0148

17—LAKE JACKSON: Youth Fishing Event Bring sunscreen, a hat, lawn chair and fishing gear for catch-and-release fishing open to guests up to 16 years old. Bring gear and bait with barbless hooks. Volunteers and staff are on hand to help first-time anglers. Hours are 10 a.m. to noon. Sea Center Texas. 979/292-0100

17—ROSENBERG: Hispanic Heritage Day Enjoy mariachi bands, dance performances, cultural exhibits, children's activities, food contests, art displays and more. Downtown historic district. www.rosenbergevents.com

17—VICTORIA: Market Day Riverside Park. www.victoriatx.org 361/485-3200

23-25—CORPUS CHRISTI: Celebration of Flight Festival Birding festival is held during the peak of raptor migration. Volunteers will be on hand to show and identify the migrating hawks. Hazel Bazemore County Park. www.visitcorpuschristitx.org 361/881-1888

23-25—CORPUS CHRISTI: North American Wholesale Jewelry and Gift Show American Bank Center. www.americanbankcenter.com 361/826-4700

23-25—GALVESTON: Galveston Island Wild Texas Shrimp Festival Saengerfest Park and other locations. www.galveston.com/shrimpfestival

23-25—LEAGUE CITY: Film and Video Festival Features independent films from local, regional and international artists. South Shore Harbour Resort and Conference Center. www.gulfcoastfilmfest.com 281/333-5804

23-Oct. 2—ROSENBERG: Fort Bend County Fair Includes a parade, headliner entertainment, midway ride, exhibits, dancing and pro rodeo. Fort Bend County Fairgrounds. www.fbcfa.org 281/342-6171

24—BAYSIDE: Fennessey Ranch Hawk Watch Site on the Mission River offers the opportunity to see more than a dozen species of hawks and watch kettles form. Reservations required. Fennessey Ranch. 361/529-6600

24—BEAUMONT: Symphony of Southeast Texas Performances Julie Rogers Theatre. www.sost.org 409/892-2257

24—CORPUS CHRISTI: Conquer the Coast Cyclists race along Corpus Christi Bay. Whataburger Field. www.conquerthecoast.org 361/881-1800

24—CORPUS CHRISTI: Third Coast Exhibit K Space Contemporary Gallery, 415 Starr St. www.kspacecontemporary.com

org 361/887-6834

24—KATY: Rice Harvest Festival Rice Cooking Contest Kenzo Sushi Bistro, 23501 Cinco Ranch Blvd. www.katychamber.com 281/391-5289

24—KEMAH: Kemah Boardwalk Wine Festival Sample food and wine while learning about varietals, food pairings and more. Kemah Boardwalk, Kipp Avenue. www.kemahboardwalk.com 281/334-9880

24—ORANGE: Orchidelirium: Past and Present A panel discusses the best-seller The Orchid Thief by Susan Orlean, in conjunction with the Orchid Festival. Begins at 6:30 p.m. Stark Museum of Art. www.starkmuseum.org 409/886-2787

24—PORT ARANSAS: Conquer the Coast Bicycle Ride Ride 18-, 25- and 65-mile routes around Corpus Christi Bay. www.conquerthecoast.org 361/881-1800 ext. 224

24-25—ORANGE: Showdown on the Sabine Enjoy two days of speed-boat racing on the Sabine River. 700 Simmons Drive. www.orangetexas.org 409/883-1011

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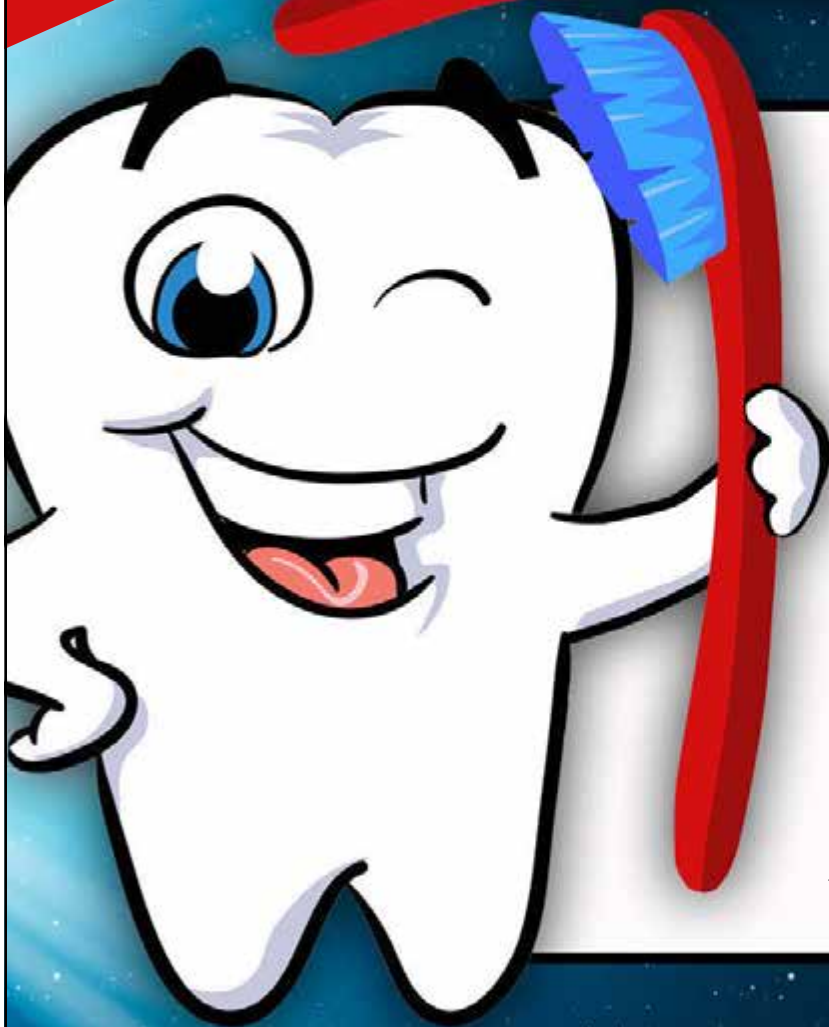
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- The Tran Family -

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