

# Windermere Lakes



H O M E O W N E R S

A S S O C I A T I O N

October 2011

[www.windmerelakes.net](http://www.windmerelakes.net)

Volume 5, Issue 10

## YARD OF THE MONTH

*12059 Miramar Shores*

This repeat winner caught the committee's eye with new landscaping and fresh vibrant plants and flowers. Extra-large planters flank each side of the entryway and are filled with bright flowers and a mixture of green vines. The healthy green lawn shows no sign of heat or drought. Perfectly spaced landscape lighting borders the stone-lined flowerbed and makes this home particularly attractive at night.

***Congratulations to our winners. 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.windmerelakes.net](http://www.windmerelakes.net)

*Hope all is well for everyone.*

*Judy Maze*

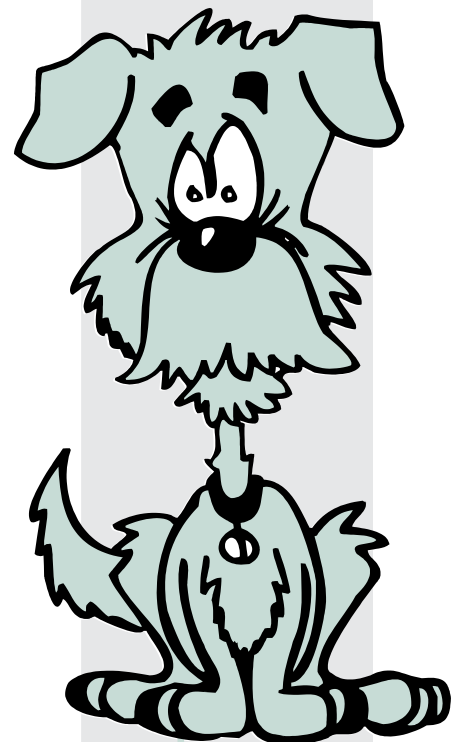
*Landscape Committee Chairperson*



## DOG POOPING IN YARD LEADS TO SHOOTING

Now that we have your attention, please be sure to clean up after your doggie walks. No one likes to have their yards used by other dogs and not have it cleaned up by the pet owner.

Be a good neighbor and take care of the mess your pet leaves behind!



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



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## Pick Up the Pile

Canine waste is full of bacteria. When left behind in parks, campgrounds, and yards, it threatens our water supply. When it rains, it runs into rivers, streams, and wells. It only takes one irresponsible pet parent to infect an entire area's natural source of H2O. That's because different types of bacteria like fecal streptococcus, fecal coliforms (E. Coli), campylobacter, and salmonella which is found in pet waste can make humans sick.

Being prepared to pick up your dog's pile each and every time he or she feels nature call is one way to remedy this growing problem. It's the right thing to do for a number of reasons as explained by Tracy Johnson, Founder of the Pick Up the Pile Campaign. The concerned Austinite was alarmed to see just how many pet parents let this issue go despite city efforts to eliminate public waste. She routinely encounters piles on the sidewalks and recreation areas of the parks that she visits. Rather than keep quiet any longer, she decided to address the problem one pet parent at a time.

Her nationwide campaign is set to go into effect June 1st. Cities around the country will take part in educating the public about the dangers of canine waste. Johnson notes that it's never been easier to safely conceal and discard piles. A number of products have been designed to help remedy this problem. Even the most squeamish pet parent will have no trouble being responsible once they are introduced to the items Johnson has found online and through pet supply stores.

Johnson believes that education is key to shedding light on this problem. She also thinks the next generation of pet parents will show greater concern for the issue. As a way of introducing young people to the Pick Up the Pile Campaign, she is offering a fun Scavenger Hunt consisting of different Tasks, Trivia, and Finds. Find out how to participate by visiting [www.pickupthepile.com](http://www.pickupthepile.com).



**It's NOT Fertilizer, It's Bacteria!**  
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## SUDOKU

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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## HEALTH BRIEFS OCTOBER 2011



### TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

### VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the

healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

### SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes

and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

### BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

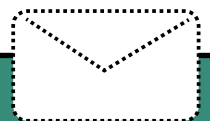
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*Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.*

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To find out more about Denver, Please contact Stephanie Berka, Wendy's Wonderful

Kids Recruiter, at the Adoption Coalition of Texas, (512) 301-2825 or [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org). To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email [info@adopttexas.org](mailto:info@adopttexas.org) and visit our website at [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org).

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## BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

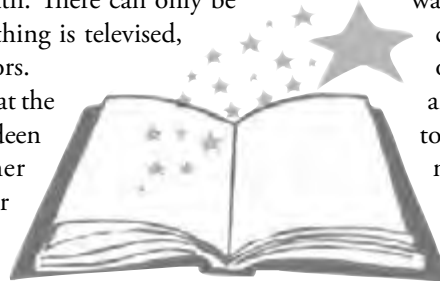
Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>

A photograph of a diverse group of young people, including men and women of various ethnicities, smiling and pointing their fingers towards the camera. They are dressed in casual, contemporary clothing. The background is a bright, clear sky.

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*- The Allan Family -*



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