

Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



February 2012

www.windermerylakes.net

Volume 6, Issue 2

YARD OF THE MONTH

11915 Palmetto Shores

Our January Yard of the Month winner has brightly-colored flowers surrounding the beautiful waterfall offer a touch of springtime with this lovely home. Neatly-trimmed hedges and plants complete the elegant look.

Our Winner will enjoy a Home Depot Gift Card and having the coveted Yard of the Month sign to display in their yard during January.

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

Happy New Year to everyone.

Judy Maze

Landscape Committee Chairperson



2nd ANNUAL CHARITY GOLF TOURNAMENT

**CY-FAIR HS MARCHING BAND &
COLORGUARD**

- LONGWOOD GOLF COURSE
- SATURDAY, MARCH 3, 2012
- NOON SHOTGUN START

Cy-Fair HS Band Boosters will be holding its 2nd Annual Charity Golf Tournament at the Longwood Golf Course on March 3, 2012. This charity event helps raise the funds necessary for our 260+ member marching band to perform and compete. However, we need you! We are currently seeking players, sponsors and donations needed to make this event a success for our students. Cy-Fair HS Band Boosters is a 501(c)3 nonprofit organization and all contributions are tax deductible.

Golf Tournament admission includes a Texas Roadhouse catered Dinner Reception & Awards Ceremony, complete with raffle drawing with great prizes, silent auction and a live band to keep the party going. This is a fun opportunity for you to help support our very own Cy-Fair HS Band right in your own Longwood backyard!

FOR MORE INFORMATION AND TO REGISTER, PLEASE VISIT OUR WEBSITE BELOW OR CONTACT GILLIAN CROWLEY AT (713) 906-2543.
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What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

What does it mean to have sensitive teeth?

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

What is the reason for sensitive teeth?

Common causes of tooth sensitivity:

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.

- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

***How should I take care of my teeth if they are sensitive?** Tooth sensitivity is very treatable, no matter what the cause. Here are a few remedies you can take advantage of at home:*

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

Submitted by Dr. Flury

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Heart Healthy Lifestyles

By: Concentra Urgent Care

APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy?

The AHA recommends:

EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week

• AVOIDING TOBACCO PRODUCTS AND TOBACCO SMOKE

• LIMITING YOUR ALCOHOL INTAKE

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family

history to help identify familial risk factors and help prevent the development of certain familial illnesses.

What should be included in a family history?

ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

MAJOR ILLNESSES

CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

THE CAUSE & AGE OF DEATH OF ANY DECEASED RELATIVES

CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
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For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.



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RECIPE OF THE MONTH

Paris Potatoes

- 5 cups potatoes, diced in ½" cubes
- 1 C sour cream
- 2 C creamed cottage cheese
- 1 C green onions & tops, finely chopped
- ½ tsp. garlic salt, optional
- salt & pepper to taste
- 1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9" baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.

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What Can A Cookie Buy?

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THE COST OF A BOX OF COOKIES IS \$ 4.00.

Samoas-Caramel Delights, Thin Mints, Tagalongs, oh my! Girl Scout cookie season is (finally) upon us and soon the troops will fan out to sell the irresistible cookies with those signature smiles.

This year, in honor of the organization's 100th anniversary, you'll see a brand new cookie flavor, in the mix. Called the Savannah Smile, it's a crescent shaped, lemon-wedge cookie with lemon chips that's dusted in powdered sugar.

According to Little Brownie Bakers, the company that bakes the new confection, the cookie is named after Girl Scout founder Juliet Low's hometown and is "cool and crisp, with just the right number of lemon chips to deliver tiny bursts of flavor." For the calorie-counters, five Savannah Smiles will set you back about 140 calories.

Since 1917 when troops first baked cookies and sold them in the high school cafeteria, the Girl Scout cookie fundraising effort has grown to generate millions of dollars a year for the organization.



Approximately 200 million boxes are sold each year and the biggest seller is the Thin Mint, which accounts for 25 percent of overall sales, according to their website. Samoas are a close second, consisting of 19 percent of total sales, and Tagalongs come in third with 13 percent. Do-si-dos and Trefoils round out the top five biggest sellers.

Where will the Savannah Smiles fit in the all-star lineup? Only time will tell if the treats will earn a spot in the cookie lovers' hearts and pantries or face the same fate as discontinued flavors like the Double Dutch or Aloha Chips.

For me, it's unlikely to top the irresistible chocolate caramel coconut Samoa combination, but soon you can decide for yourself. Many troops begin selling cookies as early as mid January, and you can find where scouts are selling cookies in your area at www.GirlScoutCookies.org. For die-hard fans, there's also a cookie locator app for smartphones that uses GPS to tell you the cookie sales closest to you. To see a listing of all current varieties of Girl Scout Cookies along with pictures and descriptions, go to GirlScoutCookies.org.



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- The Schwalbach Family -



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