

Windermere Lakes

HOMEOWNERS ASSOCIATION



September 2009

www.windermerylakes.net

Volume 3, Issue 9

Weather Can Take a Toll on Your Food

If this weather has you feeling wilted, imagine what it does to your food. An expert at Baylor College of Medicine (www.bcm.edu), advises taking extra precautions with food during the summer heat.

"Many people don't pay attention to food poisoning but it really is a major concern. Over 325,000 people per year are hospitalized from food poisoning, according to the Centers for Disease



Control," said Roberta Anding (http://www.bcm.edu/pediatrics/index.cfm?Realm=99992421&This_Template=anding), a registered dietitian at BCM and Texas Children's Hospital.

Anding says that with food such as meat, mayonnaise, eggs and cheese, follow the "Golden Hour" rule. Most of the time, these foods can stay at room temperature for up to two hours before they are considered unsafe. However, the rules have to change in severe heat and humidity. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out.

"Don't assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don't run the risk of a food-borne illness," said Anding.

The "Golden Hour" rule also applies to baby formula, said Anding. She recommends putting a bottle of formula in a zipper bag with a freezer pack if travelling with pre-prepared formula. Once the ice pack melts though, there's only one hour left before the formula needs to be thrown out. Another suggestion Anding makes is to combine the powder and water right before it's needed.

There are other food safety tips to keep in mind year-round, Anding said. It's a myth that you have to wait for cooked food to cool down before refrigerating it. In fact, the longer you leave it out, the more bacteria that is likely to grow. Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature. When reheating food, make

sure it's not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.

Be sure to wash all fruits and vegetables before cutting or eating. Even if you do not intend to eat the rind, cutting through the rind with a knife exposes the inside to bacteria. Try to use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

"Those with any type of health issue that compromises their immune system should be extra cautious since they are more susceptible to food illnesses," said Anding. "Make sure to check with your physician or a registered dietitian about what you should be cautious of."

Anding also warns that it's important to be cautious when going organic. Be sure that any milk products that are consumed are pasteurized to avoid food borne illnesses and bacteria. Ensuring that milk products are pasteurized is a life-saving strategy, said Anding.

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
Aquasource.....	713-983-3604
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

BOARD OF DIRECTORS

President	Kevin Swicegood
Treasurer	Sreehari Gorantla
Secretary.....	Gerri Rougeau-Eubank
Directors	Mandeep Thukal and Brian Greenhouse

COMMITTEES:

Security	Tom DeJohn
Social	Bill Wentzell
Clubhouse/Recreational Facilities	Dianne Wentzell
Communication	Gerri Rougeau-Eubank
Landscape	Sreehari Gorantla
Finance	Sreehari Gorantla
Architectural Control/Deed Restrictions	TBA

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

* 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 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.

NEWSLETTER INFO

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

WL SOCIAL COMMITTEE CORNER

Hello Again WL Residents!

We sure do need help with our social events.

If you have any ideas or would like to assist us, I can be contacted at oldchristian@gmail.com.

I would love to hear from you and urge you to consider becoming a committee member.

I'll see you next time...

Bill Wentzell, Chairperson
WL Social Committee

NOT AVAILABLE ONLINE

At no time will any source be allowed to use the Windermere Lakes Community Newsletter 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 the Windermere Lakes Homeowners Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Windermere Lakes residents only.

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.

WHAT'S HAPPENING ON THE LAKES...

It is definitely HOT out on the lakes! Seems as though everyone is staying inside on weekends with exception of few 'grillers' spotted out on patios trying to cook up some BBQ. Of course, they then get back in the house for some cool air since its even hotter near those grills!

We have seen a few paddle boats out and about but it has been in the later evening.. just be careful out there in the sun.

If you have some news or fun activities going on at your Lake, please let us hear from you!

We'd like to share the news in our future newsletters. Are you or someone in your family running in a marathon, have a new member in your family, children accomplishments or something you'd like to share in the newsletter? Any parties, birthdays, graduations, anniversaries or any other celebrations that may take place would be great shared with your other Windermere Lakes neighbors!

PLEASE SEND YOUR INFO TO US FOR THE NEXT NEWSLETTER TO: newsletter@windermerylakes.net

SECURITY REPORT

Please be aware and on the lookout for any persons you believe to be suspicious and/or that do not appear to belong in our neighborhood. Please report them so they can be checked out by the proper authorities.

Emergency: 911

Sheriff's Dept: 713-221-6000.

Stay safe and keep a watchful eye on our neighborhood!

*If you would be interested in serving on the Security Committee, please contact us through the website www.windermerylakes.net. We need to get a stronger committee established for our neighborhood and we need YOU!

Tom DeJohn

WL Security Committee



Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702

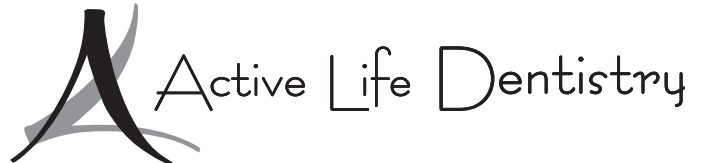


281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting

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



CHRIS BLUME, DDS

VICTORIA ANDREWS, DDS

DENTISTRY THAT HELPS YOU
LOOK GOOD - AND FEEL GOOD -
WHILE YOU ENJOY
TODAY'S FASTER PAGED LIFESTYLE.

***Whitening for Life \$99**

- **Cosmetic and Advanced General Dentistry**
 - **State-of-the-Art Facility**
 - **Most Insurance Plans Accepted**

(281) 970-4000

13611 Skinner • Suite 220
Cypress TX 77429

(281) 469-3440

9447 Jones Rd
Houston TX 77063

(corner of Spring Cypress & Skinner) (corner of West & Jones)

www.chrisblumedental.com

Clubhouse Pool, Patio 'n' Playground (Recreational Facilities Committee)

We want to make the remaining days of summer to be the best yet at our pool and playground. These areas could definitely use some sprucing up!

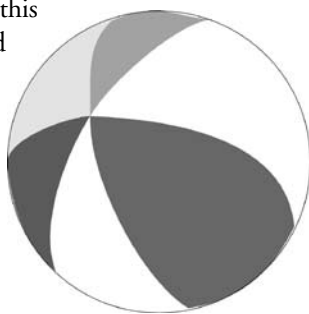
We need volunteers and materials to be used in/around the playground and pool areas. If you have time and energy to volunteer, please contact me so we can get some things accomplished!

In addition, we also need volunteers to share ideas and assist with the planning of fun for both the children and adults of Windermere Lakes.

If you are interested in being part of this committee to help make our pool and recreational areas more enjoyable, please contact Dianne by email at ldwentzell@gmail.com.

We hope to hear from you soon!

*Dianne Wentzell, Chairperson
WL Recreational Facilities
Committee*



Quality PRINTING COMPANY



**BUSINESS FORMS
NEWSLETTERS
FLYERS
ENVELOPES
LETTERHEADS
NCR SNAP APART
FORMS
RUBBER STAMPS
BUSINESS CARDS**

Solving all your printing needs.
1-888-687-6444 ext. 24

President's Message *Surviving Job Loss or Economic Woes*

It's never a good time to lose your job. However, the current economic environment has resulted in business closures, downsizing and layoffs for many in our community. The National Foundation for Credit Counseling offers the following tips for surviving a layoff:

- Allow yourself to be upset or even afraid. These are natural reactions. However, if they become intense, seek professional help. Talking things through and hearing another person's perspective can bring relief and restore your positive outlook.
- Resist the urge to tell your boss what you truly think of him or her. Remember, you may need him or her as a reference for a future job.
- Take advantage of any assistance your workplace offers. Many companies provide placement assistance, job retraining and severance packages. Make sure you are aware of all benefits offered.
- Resist the urge to solve your problems by spending recklessly. It may feel good for the moment, but the high of spending won't equal the low of dealing with additional debt when there is no income.
- Don't be tempted to live off of your credit cards. Someone with a good line of credit could actually support the family at the current standard of living by using credit, but there's no guarantee a new position will materialize any time soon.
- • Take a personal inventory. Consider all assets, income and expenses. No one wants to liquidate assets to survive, but it is good to know what you have to fall back on.
- Have a family meeting that includes the children. You don't want family members pulling in different directions, and a joint effort yields a better result.
- Make cutbacks wherever possible, knowing that your austere lifestyle will only be temporary. Resolve to stop all non-essential spending immediately.
- • Tracking your spending is always a good idea, but when money is tight, it's essential. Write down every cent you spend. After 30 days, review where the money went and decide where to cut back. You'll be amazed how much you can save without feeling the pinch.
- Contact your creditors to arrange lower payments. Most major credit card issuers have help programs. Explain your situation and what you're doing to resolve it. The creditor may be able to temporarily lower your monthly payment and reduce interest.
- Inform your mortgage lender of your situation. Be prepared to provide documentation of your setback, and have a resolution plan in mind. Since the average consumer doesn't know all the loan modifications available, sit down with a certified housing counselor and map out a plan best suited to your situation.

The National Foundation for Credit Counseling is a national nonprofit credit counseling organization. For more information, visit www.DebtAdvice.org or call (800) 388-2227. En Español, dial (800) 682-9832.

It's Not Too Late to Get Organized for the New School Year

Submitted by Kelly Butcher

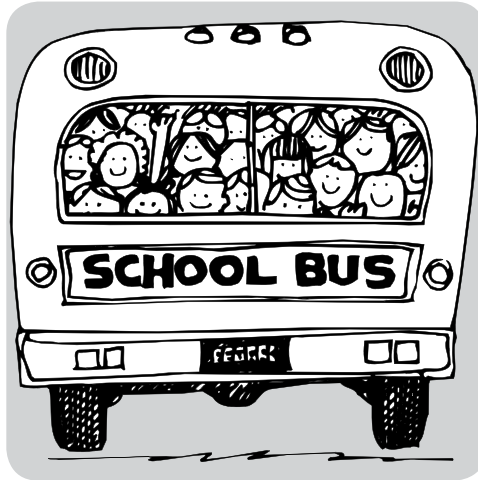
School has just begun and you probably feel like you are drowning in the sea of papers, activities, and homework. As a professional organizer, I work with a lot of busy families who need help setting up routines for handling the abundance of paper from school, the mail, and for getting homework done. I hope to offer a few suggestions about routines to set-up and implement to help you have smooth sailing through this school year.

SOME GENERAL SYSTEMS TO HAVE IN PLACE INCLUDE:

- Calendar
- Incoming papers
- Homework

A large wall calendar with room enough to write each family member's activities is a must. Display the calendar in a location easily accessed by all family members. If you track your calendar electronically, have a centrally located computer with easy access for all family members. Assign a color to each family member and color-code activities.

Papers consisting of incoming mail, school papers, both school work and items that require a response, and activity-related items (schedules, release forms, etc) are always an issue. Set up an action file system for handling the incoming paperwork such as a desktop hanging file organizer with files for each child or school. Teach your children to get into the habit of putting important papers or papers requiring a signature in a folder marked with "Mom" or "Dad". After you have signed the paper, either place the paper in a folder



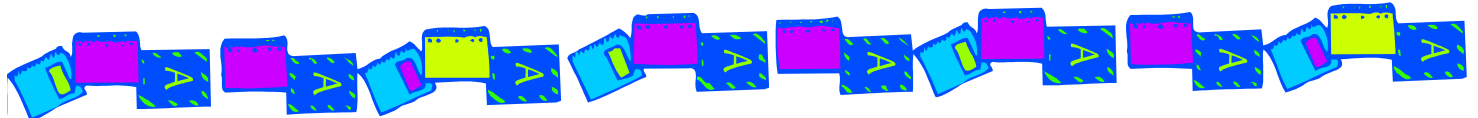
to return to school or have your child put directly into their backpack. Also set up an archival system for the treasured school work that you want to save.

Fitting homework into our busy schedules is often difficult. Designate an area for your children to complete their work. For younger students, the kitchen table is probably where most of the homework is completed, so make sure all of the necessary supplies are available, so there is no excuse not to get started. I recommend using lidded plastic shoe-box size containers to hold markers, crayons, scissors, glue sticks, etc. Label the containers for ease in cleaning up. For older students who may complete their homework at a desk in their bedroom, ensure they have the necessary

supplies available as well. A well-lit, clutter-free area away from distractions will help them stay focused on their work.

Establish a set time for homework to be completed. It may not be the same time every afternoon or evening based on after school activities. Look at the week ahead on Sunday evening and map out with your child the time they should complete their homework for each day based on that day's activities and mark it on the calendar. Most importantly, help your child get into the habit of packing their backpack before they go to bed. That way during the morning rush, important papers and items needed for school will not be forgotten at home.

Remember that developing new habits requires consistency and time. Begin setting up and implementing new systems as soon as possible and this school year will be off to a great start!



SKEETER'S
AUTO SERVICE LTD

AAA rated us 100% Overall in Customer Service and Repair Satisfaction for 2008.



Skeeter's is a provider of superior auto services backed by our industry leading 36 month/36,000 mile warranty.

Serving Houston for Three Generations
New Express Service Oil Change
\$17.99

Most cars/light trucks. Includes up to 5 quarts of Oil, a new filter and a complimentary car wash!

12133 Old Huffmeister Rd. Cypress, Texas 77429
Phone 281-469-1152 www.skeetersauto.com

CALL FOR APPOINTMENT ♦ MUST PRESENT COUPON ♦ OFFER EXPIRES ON JULY 31, 2009

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

1960 Family Practice

837 FM 1960 West Ste 105
Houston, Texas 77090
(Right behind Starbucks @ Red Oak)
(281) 586-3888

*Board Certified Physicians in Family Medicine
and Pediatrics dedicated to*

office hours

Mon-Tues 8am-8pm
Wed, Thurs, Fri 8am-5pm
Saturday 8am-1pm
Sunday Noon-3pm

290 LOCATION:

Mon-Fri 8am-5pm
Saturday 9am-12pm

meet our team

Huong T Le, MD
Quoc Le, MD
Alex Nguyen, MD
Blandina Sison, MD
Marian Allan, MD
Anthony Yee-Young, MD
Diana Malone, MD
Shital Patel, MD
Heidi Nashed-Guirgis, MD
Luz Marquez, MD
Jennifer Dong, MD
Haley Nguyen, MD
Tami Berckenhoff, PA-C
Brandi Valenzuela, PA-C
Sydney Payne, PA-C

*providing
quality care
for the
entire family*



Our physicians at 1960 Family Practice are using the latest and most advanced technology to diagnose and treat your medical conditions. We perform routine physicals, well woman exams including pap, pilot/flight physicals and well child exams.

Our doctors are board certified in Family Practice, Internal Medicine and Pediatrics. We have experience of 20+ years in the medical field. We look forward to providing our patients with excellent services at our new location as well as maintaining our current care in the 1960 area. For those patients living in the 290 area, we encourage you to schedule appointments at our second location.

Because sickness doesn't revolve around a Monday-Friday 8-5 schedule, we offer Urgent Care for your convenience. Our 1960 location has extended hours with evenings and weekends available. The 290 location offers Saturday hours from 9am-12pm.

Call today to schedule your appointment. 281-586-3888

Flu

& Urgent Care Center

Family Practice, Internal Medicine
to your healthcare needs.

20320 Northwest Frwy Ste 500
Houston, Texas 77065
(turn right at the Firework Warehouse)
Located at 290 and 1960

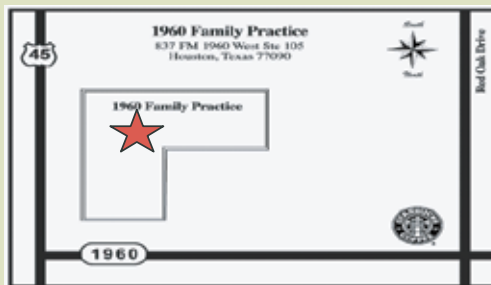
1960



FAMILY PRACTICE

NEW LOCATION AT HWY 290

20320 Northwest Frwy. Ste. 500 - Houston, TX 77065
Located at 290 and 1960



Services offered at 1960 Family Practice

Physicals
Well Woman Exams
Diabetes
Hypertension

Heart Disease
Lung Disease
Sleep Disorders
Workmans Comp

Hormone Therapy
Cancer Screening
Gastrointestinal Disease
Bone Density

Walk-In Clinic & Same Day Appointments

No appointment Necessary - Most Insurance Accepted

Accepting New Patients

281-586-3888

Appointment press option 1

shots
\$15

A Sensible Plan for College Funding

Submitted by Rich Keith

Previously we discussed that how you fund college expenses is divided naturally between using your money, and by using other peoples' money. This sounds simple but each scenario requires understanding of the long-term impacts. The first thing your financial coach should be asking you is about your strategy for funding. Are you willing to fund 2 years? 4 years? Graduate school too? Community college, public university or private?

In President Lincoln's time, the typical family chose only one promising male child to attend college. While these men often became very successful (witness William Henry Seward, Lincoln's Secretary of State), their other children were left out of the equation. Today's children are much luckier. Even so, ask the hard questions starting at or before your oldest child's 15th birthday. While they may tell you that attending a community college will deprive them of the college experience, consider what that college experience will cost in real dollars. And, getting into college as a junior is sometimes less competitive than entering as a freshman. Better yet, some community colleges have written agreements with universities on which classes are transferrable.



Importantly, parents need to figure out their college budget ahead of time and then discuss it with their child before he or she applies. In this way, colleges with the net cost above the predetermined budget can come off the list. The funding

budget is made of a combination of moneys coming from your pre-tax accounts, regular (taxable) savings, and retirement accounts, to name a few. Several savings plans are available and many are tax-advantaged. Your financial professional and tax pro can help you here.

There are advantages and disadvantages to using your own money for college expenses. A detailed plan will reveal the opportunity cost of funding everything yourself. That's one reason why people turn to loans. Remember the power of using the IRS "tax scholarships" to help you maximize every dollar saved. Any time you can reduce your tax it's the same as a scholarship or grant. And the benefits to you increase as your tax bracket increases. Importantly, all educational tax strategies must be reviewed with your tax advisor in order to coordinate the interrelationship between tax, other financial aid and your family's overall financial plan for the future. **Next month: more on tax scholarships.**

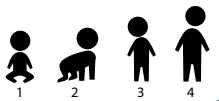


COLIN'S HOPE

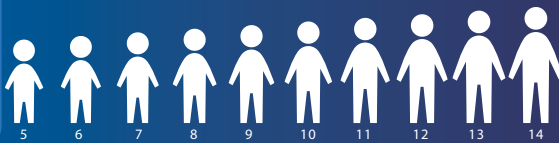
Increasing water safety awareness and standards

FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

www.colinshope.org

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

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

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

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



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 do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

Eating to Live: 5 Foods You Should Eat Daily

Submitted by Dr. Tenesah Weine

1. Spinach - Spinach is the best source of omega-3s (plant-based), and folate, both help reduce the risk of heart disease, stroke, and osteoporosis.

Incorporate Spinach into your salads, add spinach to scrambled eggs, or drape it over pizza.

2. Blueberries - Blueberries have more antioxidants than any other North American fruit, blueberries help prevent cancer, diabetes, and age-related memory changes (they are nicknamed "brain berry"). Blueberries are rich in fiber and vitamins A and C, they also boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. Stick them into yogurt, cereal, or a smoothie. Of course they are great alone!

3. Yogurt - Yogurt containing probiotics will boost your immune system by building the gut lining. One ailment I treat with probiotics. Not all yogurts have probiotics, so make sure the label says "live and active cultures." Aim for 1 cup of the calcium and protein-rich yogurt a day. Avoid yogurts with high sugar content, goat yogurt is most preferred.

4. Walnuts - Walnuts are richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken. Other nuts combine only one or two of these features, not all three. A serving of walnuts - about 1 ounce, or 7 nuts--is good anytime, but especially as a post workout recovery snack. Walnuts are great sprinkled over a salad.

5. Tomatoes - Red are the best, because they're packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Diets rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

Note: While eating blue berries and other fruits you want to eat them on an empty stomach. You may have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet. When you eat fruit with foods, the fruit mixes with the putrefying other food and produces gas, hence you will bloat!

When you eat fruit, it immediately wants to go straight through the stomach into the intestines, but it is prevented from doing so when other food is present in the stomach. Adding fruit to a meal causes the whole meal to rot, ferment and turn into acid. The moment fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

This will not arise if you eat the fruit on an empty stomach. If you eat fruit on an empty stomach, or right before a meal, it will play a major role to detoxify your system. It supplying you with a great deal of energy for weight loss and other life activities.

Business Classifieds

NEIGHBORHOOD SERVICES Need Baby-Sitter/ Transportation to & from school? Contact: Pratima Soni @ (281) 970-3731. We provide friendly and reliable service for your convenience right here in the neighborhood at reasonable rates.

Rachael's



\$5⁰⁰ OFF

any \$25 purchase

expires 10/15/09

not to be combined with any other offers
or used on sale merchandise

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

The Foot Wellness Center



Named one of
HOUSTON'S TOP DOCTORS 2008
by H Texas Magazine

NEW

Laser Treatment

In-Office for fungal toenails as seen
on Good Morning America

- **Laser Treatment for Warts**
- **Children's Foot Disorders**
- **Outpatient Surgery**
For bunions, hammertoes and
other foot problems and
walk the same day!
- **Sports Medicine**
- **Diabetic Foot Care**
- **Wound Care**
- **Fractures of the
Foot & Ankle**



Dr. Judith E. Rubin,
Podiatrist/Foot Specialist

Conveniently located at corner
of 290 & Huffmeister in the
North Cypress Medical Center
21216 N.W. Frwy., Ste. 240
281-955-5500

- Diplomate, American Board of Podiatric Surgery
- Board Certified in Foot & Ankle Surgery
- Fellow American College of Foot & Ankle Surgery
- Certified Wellness Educator

www.DrRubinFootWellness.com

FREE
Skin Care Analysis
and Consultation

Discover the Advanced way to look and feel great!

Courtney Snook
Medical Spa
Marketing Liaison

Janies Rummel
Medical Spa
Marketing Manager

Diana Malone, MD
1960 Family Practice

**Brandi
Valenzuela,
PA-C**
1960 Family
Practice

Huong Le, MD
Medical Spa Director
1960 Family Practice

MELT FAT WITH THE LATEST
Liposculpture SmartLipo™

REMOVE UNWANTED HAIR
Laser Hair Removal

REMOVE UNSIGHTLY VEINS
Laser Vein Removal, Vein Ablation, Sclerotherapy

ADVANCES IN WRINKLE REDUCTION
Fillers and Botox®

TIGHTEN LOOSE AND SAGGING SKIN
Titan™

ERASE YEARS OF SUN-DAMAGED SKIN
FotoFacial®

REDUCE ACNE BREAKOUTS AND SCARS
Acne Light Treatments, Chemical Peels, Microdermabrasion

MINIMIZE PORES & FINE LINES
Laser Toning



281-453-7085

Huong Le, M.D.
Medical Director
Board Certified Physician

Phu Do, M.D.
Board Certified
Surgeon

20320 Northwest Freeway, #550 | Houston, TX 77065
837 FM 1960 West, #105 | Houston, TX 77090

WWW.ADVANCEDCOSMETICLASER.COM • WWW.1960FP.NET

Healthier Homes

Improve Neighborhood Air Quality ... Fragrance Free Dryer Exhaust

By: Charlie & Michelle Bubnis

Have you ever been walking in the neighborhood enjoying the fresh air and then suddenly you are hit by the sweet fragranced smell of a heated artificial, petrochemical based scent from someone's clothes dryer exhaust? Often times a headache will occur, similar to people's reaction to perfumes worn in the office or at church. This is a normal protective reaction by the body as these fragrances are harmful neurotoxins and should be avoided whenever possible. National surveys found that at least 10% of the population reacts adversely to laundry products vented to the outdoors. Young children are particularly affected by fragranced chemicals because their body's detoxification mechanism is not fully developed.

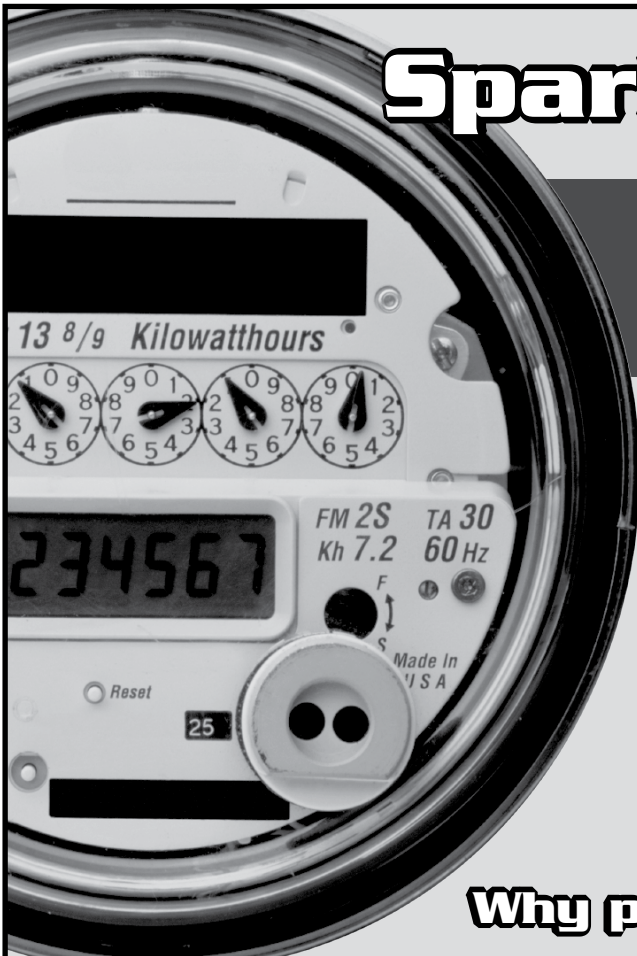
Some of the most common chemicals used in fragranced laundry products are benzyl acetate, camphor, ethyl acetate, limonene and pentane. Many of these substances are capable of causing cancer, birth defects, central nervous system disorders, allergic reactions and chemical sensitivities. Some are on the EPA's hazardous waste list. According to a joint study by NIOSH and the U.S. House Subcommittee on Business Opportunities, 778 of the chemicals used in the chemical fragrance industry cause acute toxicity.

So the next time you are considering picking up a box of fragranced laundry detergent or fragranced dryer sheets...think about the impact on the neighborhood air quality and the proliferation of second hand scents. Healthier options could be: Add baking soda to the rinse cycle, or add ½ cup vinegar to the wash cycle to soften fabrics and reduce static cling. Vinegar is a natural fabric softener.

Do the neighborhood a favor and make sure your dryer exhaust doesn't pollute the environment. Be kind to yourself and to your neighbors, use unscented laundry products.

FOR MORE INFORMATION:

- <http://ehnca.org> – Fabric Softener = Health Risks from Dryer Exhaust and Treated Fabrics by Julia Kendall
- www.mcs-global.org – Could it be your Fabric Softener?
- www.physorg.com – Toxic Chemicals Found in Common Scented Laundry Products, Air Fresheners
- www.scorecard.org – enter your zip code and you can get information regarding air, water and chemical releases for your county



Spark Power Bank

We Challenge What You Pay For Electricity

SIGN-UP ONLINE TODAY!
WWW.SPARKPOWERBANK.COM

Please choose "Newsletter Ad" as your referral

I'm Texas Energy Analyst Alan Lammy. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore!

Why pay more than you have to?

Real Estate Market Report

Windermere Lakes Specialist

DAVID "SUPER DAVE" FLORY



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

	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	10	1	5
Price Range:	1.00 440,000	289,000	168000 297000
Average Price	\$270,440	\$289,000	\$239,200
Avg Price/sq.ft.	\$79.01	\$73.97	\$75.79
Avg DOM	216	84	39
High Price/sq.ft.			\$90.43
Low Price/sq.ft.			\$54.21



RE/MAX

832-478-1205

Direct line: **281-477-0345**

WWW.SUPERDAVE.COM

*According to information taken from the HAR MLS Computer

**Realtor Teams per Remax 9/2008, 3/2009