

# Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



November 2012

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

Volume 6, Issue 11



**ANNUAL  
HOMEOWNER  
Meeting is  
Nov 13 7:00pm  
Clubhouse**

**Main Discussion:**  
*COMPLIANCE / NON-  
CONFORMANCE*

## STAY *Sun* SMART

### *Skin Cancer Screenings, Prevention Tips*

*By Adam J. Mamelak MD, FRCPC, FAAD*

Skin cancer is on the rise, affecting more Americans over the past three decades than all other cancers combined, according to the Skin Cancer Foundation. The good news is that you can do much to prevent it. "The danger in skin cancer is gravest when it goes undetected," says Dr. Adam Mamelak of Sanova Dermatology in Austin. "It is extremely treatable, and in a large sense preventable when caught early."

To help reduce your risk, follow these sun-smart practices.

#### **5 WAYS TO REDUCE SKIN CANCER RISK:**

**1. See your physician every year for a professional skin exam.** Regular total-body checkups are the best way to make sure your skin is healthy and stays that way. The American Academy of Dermatology recommends annual skin exams. You can receive a FREE skin cancer screening through 2012 at Sanova Dermatology, 12319 N. Mopac in Austin. To schedule your free screening, call (512) 837-3376; no purchase or insurance coverage is necessary.

**2. Avoid tanning and UV tanning booths.** Even occasional sunbed use almost triples your chances of developing melanoma, the deadliest form of skin cancer. Young people – including teenagers – are especially sensitive to the ultraviolet radiation from tanning booths.

**3. Seek the shade and do not burn.** Stay in the shade especially between the hours of 10 a.m. and 4 p.m., when the sun's rays are often strongest. Avoid getting burned; even a single sunburn increases your risk of developing melanoma.

**4. Cover up with clothing and UV-blocking sunglasses.** Protect your skin with densely woven and bright- or dark- colored fabrics, which offer the best defense. Wear a hat with a brim of 3" or greater to protect the face. Use wraparound sunglasses that block 99-100% of the sun's UV rays, which helps prevent cataracts and melanomas of the eye.

**5. Use a broad spectrum (UVA/UVB) sunscreen.** Every day, year-round, use broad spectrum sunscreen with UVA and UVB protection and an SPF (Sun Protection Factor) of 15 or higher. For extended outdoor activity, use a water-resistant broad-spectrum sunscreen with an SPF of 30 or more. Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 40-80 minutes or immediately after swimming or excessive sweating.

*Adapted from the Skin Cancer Foundation*

## IMPORTANT NUMBERS

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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)	

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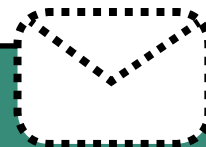
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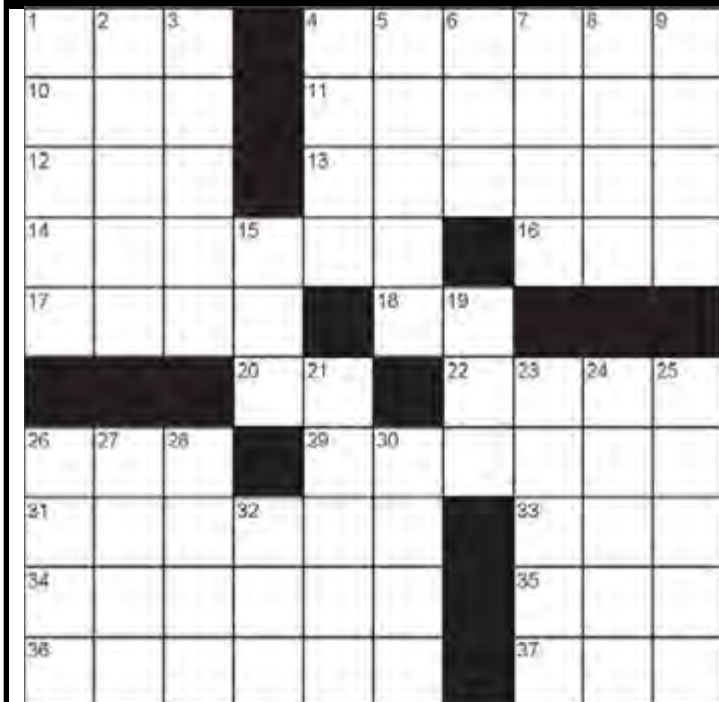
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## CROSSWORD PUZZLE



### ACROSS

1. Legume
4. Rolled up paper
10. Carry
11. Irrational fear
12. Wing
13. Animal disease
14. Gentle breeze
16. Eastern Time
17. Region
18. Military policeman (abbr.)
20. Deutschmark (abbr.)
22. Meat alternative
26. Slumber
29. Bayer's competitor
31. Pilot
33. Pull
34. Seed remover
35. East northeast
36. Gully
37. Little bit

### DOWN

1. Shopping mall
2. Swiss mathematician
3. Open
4. Energetic
5. Amulet
6. Fleece
7. Off-Broadway award
8. Fish stories
9. Endure
15. Held
19. School group
21. Nautical "friend"
23. Eight
24. Female singer \_\_\_ Apple
25. Single
26. Space ship builders
27. Declare positively
28. Landing
30. Roman emperor
32. Hoopla

View answers online at [www.peelinc.com](http://www.peelinc.com)

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*Congratulations!*

To the **Kaur Kulwinder Family** for being the **September Yard of the Month winner**. As you drive by 12014 Newport Shore you will notice the clean layout of this yard. Toward the front you will see two tall queen palms circled with white stacked stone holding a mixture of summer rock rose gently sprinkled with marigolds, caladiums and periwinkles.

Along the walkway paralleling the house you will find that amazing same white stacked stone edging that creates the manicured look of this yard. As you walk the wrap-around flower bed you see a mixture of red blooms from the miniature fire bush dance in the breeze with a few fox fern, ivy fern and more golden marigolds. A well placed bush of yellow esperanza blooms mixed with caladiums make this a happy house to view.

These home owners had their home built eleven years ago and show they are still in love with the home and the area. A Big Thanks and Congratulations again for making our community beautiful.

Enjoy spending your gift card on more flowers as it gets closer to the fall planting season.

*Marilyn Schaefer*

# Windermere Lakes

## Teenage Job Seekers

Name      Age      Baby Sit      Pet Sit      Yard Work      Phone

\*-CPR Training + First Aid Training

### Attention Teenagers

The Teenage Job Seekers listing service is offered free of charge to all Windermere Lakes teenagers seeking work. Submit your name and information to [newsletter@windmerelakes.net](mailto:newsletter@windmerelakes.net) by the 9<sup>th</sup> of the month!

## Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Windermere Lakes residents, limit 30 words, please e-mail [newsletter@windmerelakes.net](mailto:newsletter@windmerelakes.net)  
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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- Faux Painting
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- Window Installation
- Trash Removal
- Ceiling Fan/Light Fixtures

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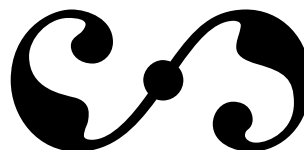
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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to Celebrate?*

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