

SUMMERWOOD

live friendly.



Volume 9, Issue 2
Summerwood Community Association
www.summerwood.org

February 2007

Don't Let Stress Make A Mess Of Work And Home Life

By Eugene Baker, Ph.D.

(NAPSA)-Statistics don't lie. The facts are in and research suggests that stress is making Americans sick. According to the National Institutes of Health, 80 to 90 percent of all illnesses are either directly or indirectly caused by stress.

In another study conducted by the Center for the New American Dream, researchers found that more than 50 percent of Americans would be willing to take a day off work without pay in an effort to feel less stressed and have more time with their families.

And ongoing public opinion research finds that the majority of stress that people feel is directly related to work issues such as time management, deadlines, and dealing with difficult co-workers. Fortunately, there are action steps that people can incorporate into their daily routines to help them regain control of their lives.

Here are some tips for relieving workplace stress.

- Eat Right. Avoid eating unhealthy snacks. Eating healthy food can increase your energy.
- Drink Less Caffeine. Drinking lots of coffee and sodas can increase your stress levels. If you can't cut out caffeine beverages completely, try to alternate your caffeine intake with healthier beverages or snacks.
- Exercise. Exercise is a great way to relieve stress, so try to take a brisk 10-minute walk during the day, even if it means a walk around the office or building. Walking will help to get your blood moving and give you a mental break from your tasks.



According to the National Institutes of Health, 80 to 90 percent of all illnesses are caused by stress either directly or indirectly.

- Stretch. Stretching can help to relieve stiff muscles, which can hold tension and make you feel more stressed.
- Simplify the Morning. Getting up 15 minutes earlier, and packing lunches or laying out clothes the night before, can help create a routine and get you organized.
- Think Positive. Take a few minutes to reflect on the good things in life. Taking stock of what you have can instantly improve your mood and outlook.
- Breathe. When we are stressed, we have a tendency to take shallow breaths, which can result in feeling more tense. Start by inhaling deeply through the nose for a count of eight, then exhaling slowly for a count of 16. Concentrate on your counting and breath.
- Rest. Be sure you are getting enough sleep at night. Not feeling rested can add to your stress level and make you feel more overwhelmed. If

you have been experiencing recurring sleepless nights, consult your physician for guidance.

- Do Things You Enjoy. Try to do something you love every day to give yourself something to look forward to.

Most stress arises due to feelings of life being out of control. By taking time to get yourself organized, and taking care of yourself, you can begin to gain control and ensure that your workday is as relaxed as possible.

- E-mail Stress-out. E-mail has become one of the most common forms of communication but it can also be one of the most stressful. Opening a full e-mail box can be overwhelming, not to mention time consuming.

Learn how to use your e-mail software, so you can organize your in-box and file away all those important messages in a way that makes them easier to access. Also, don't forget to trash any spam or useless e-mails.

Change your habits so that instead of leaving a message in your in-box until it's completed, try placing the task from the e-mail on your task list along with the contact information, then filing the e-mail away until you are prepared to reply.

Eugene Baker, Ph.D., is the vice president for employee assistance programs for United Behavioral Health, a UnitedHealth Group Company. The company provides behavioral health services to more than 43 million members to improve their total health and well-being. To learn more, visit www.unitedbehavioralhealth.com.

View the Summerwood Community Association newsletter
each month on-line at www.PEELinc.com

SUMMERWOOD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency Situations	911
Harris County Sheriff's Dept. (Dispatch)	713-221-6000
Constable - Precinct 3	281-427-4791
Sheldon Road VFD (Dispatch)	281-847-3300
South Lake Houston EMS (Dispatch).....	281-459-1277
Dead Animal Pick-Up (Precinct 1)	281-820-5151
Animal Control	281-999-3191
After Hours	281-221-5000

UTILITY SERVICE NUMBERS

Public Utility Commission Consumer Hotline	888-782-8477
Summerwood Technologies	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
Southwestern Bell Telephone.....	800-464-7928
Entex Gas.....	713-659-2111
Houston Lighting & Power (HL&P).....	713-207-7777
Municipal Utility District (MUD #342).....	713-983-3602
24 Hour Service Number	713-983-3604
Garbage Pick-Up (Republic Waste).....	281-446-2030
(Pick up on Mon. & Thurs - Garbage must be out by 7 a.m.)	

SUMMERWOOD MARKETING

Summerwood New Home Center	281-225-1111
14111 Summerwood Lakes Drive; Houston, TX 77044	

SCHOOLS

Summerwood Elementary.....	281-641-3000
----------------------------	--------------

POST OFFICE

Post Office.....	713-631-2098
9604 Mesa Drive; Houston, TX 77078	

NEWSLETTER PUBLISHER

Peel, Inc.....	888-687-6444
Article Submissions	articles@PEELinc.com
Advertising.....	advertising@PEELinc.com, 888-687-6444

At no time will any source be allowed to use the Summerwood Community Association 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 Summerwood Community Association and Peel, Inc. The information in the Summerwood Community Association Newsletter is exclusively for the private use of Summerwood 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.

Submit Information for Publication in the Newsletter

Please help fill the Summerwood Community Association newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: www.PEELinc.com. Articles and/or photos must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

Ice or Heat?

Question: I twisted my ankle. Should I use ice or heat to help it feel better?

Answer: Ice and heat are probably the 2 most common physical therapy modalities used. Choosing the correct one can greatly affect how quickly you recover from an injury and how soon you can return to your sport.

Ice has been used for many years as the mainstay of initial treatment of virtually all muscle and joint injuries. Ice constricts blood vessels, decreases swelling and slows the conduction of pain impulses to the brain. It can be applied easily to almost any body area. Gel packs that can be frozen repeatedly and chemical cold packs are very useful, but a simple bag of ice or frozen corn or peas often works just as well. Place the bag over the injured area and hold it in place by wrapping plastic wrap around the bag and the body part. Ice should be kept in place for approximately 20 minutes every 2-4 hours for the first 48 to 72 hours after an injury. Prolonged exposure to ice can cause damage to nerves near the skin surface and can cause frost bite, so don't exceed 20 minutes.

Heat applied to the skin increases blood flow and can help with muscle and joint stiffness and pain. Arthritis, chronic muscle stiffness and some types of tendon problems are helped with heat. Moist heat, such as a warm damp towel, is usually the most effective. Many of the arthritis rubs or muscle ointments work on the same principle. Their ingredients expand blood vessels and irritate the skin, increasing blood flow. Heat will often increase swelling so in general it should not be used immediately after an injury.

Remember, ice for the first 2-3 days to relieve pain and swelling. Heat after the swelling is gone to improve mobility and relieve stiffness.

Advertising Information

Please support the businesses that advertise in the Summerwood Community Association Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for ad information and pricing.



Tracy Montgomery



Between FRIENDS

Mobile: (713) 825-5905, tracy@tracysoldit.com, www.tracysoldit.com

Mother Nature brings stormy skies one day and sunny days the next. Just like the weather, you can count on changes in home values. Give me a call and I'll tell you what your home is worth and the real estate market forecast for Buyers and Sellers.



Some people don't realize the many benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to point out how a quality Home Protection Plan can benefit you, whether you are buying or selling a home. A good Plan ensures the repair or replacement of covered home systems and appliances that fail due to normal use. For Sellers, this provides added value to your home when it is on the market. For Buyers, this means peace of mind and confidence in the purchase of your new home. I recommend to all my clients that a Home Protection Plan be included in their home transaction, and the company I trust to provide the *best service and coverage* is **Old Republic Home Protection**. Call me today for more information about how this valuable service can be put to work for you.

Know anyone who is buying or selling real estate? Please pass my name on to friends, family, and co-workers so that I can use my skills, knowledge, and background in the real estate industry to help them with their sale or purchase.



If you are working with another Real Estate Professional, please disregard this notice.

Health & Safety

Cold Weather Survival Tips for Your Home

You never know which part of the country is going to experience a spell of cold weather. Fluctuating temperatures and winter storms can inflict considerable damage on homes. Here are some tips for helping your property survive the winter season safe and sound.

- Make sure hoses are disconnected from outside faucets.
- Closely watch fireplaces, wood stoves and electric heaters when in use and make sure they are working properly.
- Remember to close the flue in your fireplace when not in use.
- To prevent pipes in the walls from freezing, keep the house heated to a minimum of 65°F.
- Open hot and cold water faucets just enough to drip slowly and move water through the pipes to prevent freezing.
- Know where the main water shutoff valve is located and learn how it works.
- Keep gutters free of leaves and debris so that water can freely flow.
- If the garage is attached to the house, close all the doors to hold the heat in the house.
- Watch for dead, damaged, or dangerous branches that could break and fall because of ice, snow, or wind.
- If you're going to be away from your home for an extended period of time, have the water system drained by a professional to keep pipes from freezing. Or ask a neighbor to check the house regularly and run water through the pipes.

Helpful Hints

Drip Pans Are More than Just a Pretty Face

Drip pans and bowls do far more than enhance your range's appearance. They make it easier to clean up drips and spills; they help to radiate heat back to the cooking pot or pan; and they protect you from accidentally touching internal components. Never cover the drip pan with aluminum foil. Electric ranges have been known to short out from the foil touching a circuit or covering the oven vent. To prevent fires igniting from spilled food, clean drip pans with a nonabrasive cleanser. Stay safe, minimize risk, reduce energy waste, and increase the efficiency of your range by regularly replacing your drip pans and bowls or by using foil inserts that are specifically designed for your range.



Copyright © 2007

SUMMERWOOD

LAKWOOD CRUSADERS

New Beginnings
Bible Study
Friday - March 16, 2006
7:30 P.M. - 8:30 P.M.
Summerwood Community Center
ALL ARE WELCOME
INCLUDING CHILDREN
LIGHT REFRESHMENTS SERVED
Contact:
Pastor Floyd and Alva Perry
gdnw@swbell.net
281-436-0779

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Summerwood residents, limit 30 words, please e-mail articles@PEELinc.com

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales at 888-687-6444 or advertising@PEELinc.com.

Business Classifieds

CERTIFIED TEACHER: Specialized tutoring for Regular Ed. (K-12), Special Needs/Autism Spectrum Specialist and College Prep. Please call to discuss how I can help your child, (281) 459-2725



"My dog used to follow me to school until I fed him cafeteria food."



Ismael Diaz Jr., M.D. Diaz Family Medicine Clinic, P.A.

Board Certified AAFP, TMA, TAFP,
Harris County Medical Society Member

Offering Complete Family Healthcare:

- | | |
|-------------------|-----------------------|
| Preventive Health | Minor Emergency |
| Cancer Screening | Diabetes Management |
| Well Child Exams | Weight Management |
| Well Women Exams | Psychiatric Treatment |
| Sports Physicals | General Health |

(281) 812-1846
Fax (281)812-2778

Monday-Friday 8am-5pm,
Evening & Weekend Hours Available by Appointment

Walk-In's Welcome

5510 Atascocita Road, Suite 260
Humble, TX 77346

How to help your Kindergartner...



reach for the stars.

To learn how our Private Kindergarten programs can instill a lifelong love of learning in your child, visit us or call today. But hurry. Because, while your child's potential is unlimited, enrollment is not.

Primrose School at Summerwood
14002 W. Lake Houston Pkwy. • Houston, TX • 281.454.6000
Enrollment Limited! Enquire Today!



Primrose Schools

The Leader in Educational Child CareSM
www.primroseschools.com

Each Primrose School is privately owned and operated. Primrose Schools, Balanced Learning, The Balanced Child, The Leader In Educational Child Care, and Achievement Grows at Primrose are trademarks of Primrose School Franchising Company. ©2005 PSFC.



**While you're away
where will they stay?**

**Keep them at home
with a professional
pet sitter.**



Houston Pet Concierge

Summerwood's Premiere Pet Professionals

- Pet Sitting
- Dog Walking
- Pet Taxi
- House Sitting

When you keep your pet at home you reduce stress by maintaining a familiar, secure environment, as well as a consistent diet and exercise routine and the risk of travel trauma is eliminated. With a pet sitter there is minimal exposure to illness of other animals, and the TLC your pet receives while you're away will provide you with peace of mind knowing your pet is happy and secure at "home".

Your home is more secure with the crime deterrent provided by a pet sitting service. Pet sitters can provide additional home services while caring for your pet, such as watering plants and bringing in the mail.

**Traveling during the Holidays?
*We're your boarding alternative.***

281-948-4705

**email info@houstonpetconcierge.com
www.houstonpetconcierge.com**

Insured • Bonded • Pet First Aid & CPR Certified
Credit Cards Accepted
Member of National Association of Pet Professionals
and Pet Sitters International

SUMMERWOOD

Cy-Fair College, "Perspective"

Alexander Hamilton: The Man Who Made Modern America

The Harris County Public Library's Cy-Fair College Branch is proud to be the only Houston library (and one of three Texas libraries) to host this national traveling exhibition through Feb. 16. Take a tour to learn about Alexander Hamilton, see rare and precious historical objects and documents, pistols used in a deadly duel and handwritten correspondence. Among the final exhibition-related programs several book discussions, a one-man dramatization event and a Cy-Fair Houston Chamber of Commerce event titled "Patterson for the 21st Century". For information, go to www.cy-faircollege.com/goto/hamilton.

Check Out the Exhibitions in the Bosque Gallery

Two exhibitions available this month: One featuring the work of visiting artist Lindsey Wolkowicz through Feb. 8 and ending with a 4 p.m. closing reception and lecture. Wolkowicz combines traditional drawing, non-traditional materials and constructed surfaces to create her mixed media art. Then an Encaustic Exhibition is on display Feb. 20 through March 29 with a 4:30 p.m. opening reception March 1. This ancient method of painting combines colored pigment with hot wax as a binder and features student talent in Robert McGehee's class. Call 832-482-1038 for gallery hours and information or go to www.cyfaircollege.com/goto/bosquegallery.

Learn about African American Heritage

Add some culture with free book discussions, films, lectures and more this month. Join Serge Danielson-Francois for an Emancipation discussion series Feb. 6 - The First Emancipator: The Forgotten Story of Robert Carter, The Founding Father Who Freed His Slaves by Andrew Levy, Feb. 13 - Israel on the Appomattox: A Southern Experiment in Black Freedom from the 1790's Through the Civil War by Melvin Patrick Ely and Feb. 20 - The Confessions of Nat Turner by William Styron. Go back in time with two one-man shows with James Baldwin - Down from the Mountaintop Feb. 12 and Bill Mills - Hamilton, Jefferson and Rittenhouse: a magnificent triangle Feb. 14. The student organization UMOJA will also host several films, guest lectures (such as Home Cultures, Black Marriages, HIV-AIDS and Self-esteem) and more. Check out the events calendar for information at www.cy-faircollege.com.

Experience A.L.L. this year

The Cy-Fair College Academy for Lifelong Learning (A.L.L.) provides opportunities for adults 50 and better to enjoy intellectual and social enrichment. With an annual membership of \$10, participants can take member-driven courses for free or at a reduced rate; study under the guidance of members who represent a wide range of expertise and life experiences; develop friendships within a diverse group of people; participate in social activities; and be part of a collective voice of active adults in the community. Classes are offered in computers, health and fitness, government, financial planning, culinary arts, music, history, and more. Some classes will also be held at the Fairbanks Center. For information e-mail Twana.m.york@nhmccd.edu, call 281-290-5246 or go to www.cy-faircollege.com/goto/all for a full schedule of offerings.

Library Offers Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are also available including women of the world, democracy, and sports page. There are plenty of youth programs with activities and book clubs for teens and youth age 7 - 12 as well as storytime for younger children. Go online to <http://cfclibrary.nhmccd.edu> for information.



Peel, Inc.
Printing & Publishing

Publishing community newsletters since 1991

Kelly Peel
Sales Representative
512-989-8905
kelly@PEELinc.com

1-888-687-6444 www.PEELinc.com



**Support your
neighborhood
newsletter.**

*Advertise your business
to your neighbors.*

High-heeled hazards

Baylor College of Medicine

HOUSTON - Does looking chic leave your feet screaming for help? Listen to them -- not fashion pundits -- for a change, says a foot and ankle expert.

Dr. John Marymont, associate professor of orthopedic surgery at Baylor College of Medicine in Houston, said that wearing a two-inch heel subjects the ball of your foot to 50 percent more pressure than flat shoes.

High-heeled shoes do not usually have a foot-friendly design.

“High heels can cause bunions, hammer toes and neuromas — problems accounting for more than a billion dollars a year in healthcare costs,” said Marymont

The American Orthopedic Foot and Ankle Society, of which Marymont is a member, suggests the following when considering high-heeled shoes:

- * Don't choose a shoe based on its marked size; sizes vary among types of shoes and brands.
- * Select a shoe similar to the shape of your foot.
- * Try on high-heels at the end of the day when your feet are at their biggest.
- * The shorter the heel, the better.
- * Limit wearing high-heels to special occasions.
- * Make sure your heel fits comfortably within the shoe with minimal slippage.

In other words, put your best foot forward by lending an ear to those podiatric pleas. Your feet will thank you for listening.

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

		9					2	5
6			2	8				9
	6	4						3
			9	7				
	8						4	
			1	4	3			
		1	6			5		2
	3				8			

Solutions can be found on www.PEELinc.com

© 2006. Feature Exchange

Did You Know? Fun Facts:



The jaguar symbolized strength and courage to the ancient Maya Indians, who considered the animal a god.



The King Ranch, the largest in Texas, covers about as much land as does the entire state of Rhode Island.

ADVERTISE HERE

888-687-6444

www.PEELinc.com



Who knows the neighborhood better than a NEIGHBOR?



	Jul 06	Aug 06	Sep 06	Oct 06	Nov 06	Dec 06
\$300,000+	3	2	1	1	4	3
\$250 - 299,999	1	1	4	2	-	2
\$200 - 249,999	4	6	4	3	5	5
\$170 - 199,999	5	3	5	2	6	7
Under \$170,000	4	3	1	3	-	3
TOTAL	17	15	15	11	15	20
Avg \$/Sq Ft	81.95	81.70	82.15	83.25	88.27	81.63
Avg Days on Mkt	-	-	-	75	113	104

Summerwood Resident



Shalene Fox
Broker

Summerwood is the Greater Houston Builder's Association Community of the Year for 2006.

Is your realtor providing this information to potential buyers? Are they even aware of them?

Make sure your realtor knows the neighborhood so you don't miss out on potential sales.

Direct: 832-338-8586 • Email: sfox16@entouch.net

* All figures based off MLS data 1/05/07 **For communities 2500 acres

Peel, Inc.

203 W. Main Street, Suite D
Pflugerville, Texas 78660

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

☎ Voice 512-989-8905

💻 www.PEELinc.com