

SUMMERWOOD

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Volume 9, Issue 3
Summerwood Community Association
www.summerwood.org

March 2007

PRIMROSE SCHOOL'S FOOD FOR PRECIOUS PETS PROGRAM DONATES PET FOOD TO LOCAL ANIMAL SHELTER

On Tuesday, January 30th, through its Food for Precious Pets program, preschoolers at the Primrose School at Summerwood helped feed hungry and homeless pets. The children collected bags and cans of pet food and donated them to the Humane Society.

Food for Precious Pets and other programs that teach youngsters about caring and giving are a key part of Primrose Schools' exclusive Balanced Learning® curriculum, which uniquely blends academics, play and character development. Primrose is known for character development activities such as its Caring and Giving program, in which children as young as three do chores to raise money to buy food for those in need during the holidays, and Adopt-A-Grandparent, in which preschoolers and senior citizens share each others' lives.

About Primrose Schools

Primrose School Franchising Company, Acworth, GA, is the country's leader in early childhood education. The company currently

operates schools in 13 states and has more than 140 locations. The Primrose Balanced Learning® curriculum combines the two leading philosophies in early childhood education – teacher-directed

and child-initiated – with a balance of learning, character development and play. Primrose has been featured on CNN and in The Wall Street Journal, was named No. 1 in growth for 2002 by Child Care Business, has twice been named the top child care franchise by Entrepreneur magazine and was featured by that publication in a 2003 article. Primrose is the first educational child care franchise to receive accreditation from the Commission on International Trans-Regional Accreditation, the Southern Association of Colleges and Schools, Commission on



Accreditation and School Improvement or the North Central Association Commission on Accreditation and School Improvement. For more information on Primrose Schools, visit www.primroseschools.com.

Don't want to wait for the mail?

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Newsletter on the 1st day of each month 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
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POST OFFICE

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

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Peel, Inc.....	888-687-6444
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Fertility Rises as Weight Drops

Baylor College of Medicine

HOUSTON – (Jan. 25, 2007) – Weight loss surgery could have surprising results for some women - as the pounds melt off, the chance of becoming pregnant increases.

Dr. Vadim Sherman, assistant professor of surgery at Baylor College of Medicine (BCM), said obese women who thought they could not have children regain their fertility during the months following gastric bypass or lap-band procedures.

“Weight effects how hormones act in the body,” Sherman said. “Body fat helps to convert certain hormones such as estrogen into other hormones. If there is extra body fat, healthy hormonal changes are thrown off.”

Hormonal imbalances can lead to irregular menstrual cycles and other reproductive problems. As women begin to lose weight, their fertility returns back to normal. For bariatric patients, the weight comes off rapidly, and some are surprised by how quickly pregnancy can occur. In some cases women become pregnant within six months of surgery.

“We recommend waiting a year, when weight stabilizes, before having a child,” Sherman said. “But women who become pregnant sooner can still have healthy children.”

On average more than half of excess body weight is lost during the year following surgery. One fear is that the dramatic change in weight will affect the fetus’ health.

“Some worry the weight will continue to come off and be harmful to the pregnancy,” Sherman said. “Weight loss usually stops and some women even gain up to 20 pounds.”

Sherman said if nutritional needs are met, including all the usual vitamin guidelines for bariatric surgeries, a woman can expect a healthy pregnancy.

Business Classifieds

Going on Spring Break or a summer vacation? Can't take your pet with you? Let one of your trusted Summerwood neighbors take care of your home and/or your pet. Sheri Pettit and Lesa Angel 281-225-5725. Reasonable prices and many neighborhood references

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Health & Safety

Follow the 60/60 Rule for Years of Good Ears

Safe use of music devices like iPods and digital MP3 players will help listeners – especially young ones – avoid permanent hearing loss. When using earbud-type headsets, audiologists recommend plugging into music for no more than 60 minutes at 60 percent volume to keep from damaging the delicate hair cells and mechanisms of the inner ear.

The statistics for hearing loss have been escalating since the 1980s when personal listening devices, like the Walkman and portable CD players, entered the market. Hearing loss in younger people continues to increase rapidly, and audiologists report that this high level of loss is more typically seen in aging adults.

Professionals say that earbud use is the primary cause. Earbuds are lodged very close to the eardrum, deliver a very crisp sound, and make it easy to listen to music for longer periods of time at an excessive volume. Some manufacturers even print warnings on their packaging. You can prevent hearing loss by following these three suggestions:

- Listen to music with earbuds for no more than one hour per day.
- Do not turn the volume louder than 60 percent of the maximum.
- Use muff-type headphones instead of earbuds.



Helpful Hints

Income Tax Submission Tips

To ensure that your IRS tax return is processed quickly, review it thoroughly for accuracy and completion. See Tax Topic 303, for a complete "Checklist of Common Errors When Preparing Your Tax Return," available at www.IRS.gov, or by calling the TeleTax number, 1-800-829-4477. Here are a few suggestions for preventing the most common errors:

- Use the peel-off label provided with your tax forms. Make corrections directly on the label.
- Select only one filing status, plus the appropriate exemption.
- Use the correct Tax Table column for your tax amount.
- Double-check all figures.
- All parties must sign and date the return.
- Attach all Forms W-2, Wage and Tax Statements, and other forms that indicate tax withheld.
- If you owe tax, be sure to enclose a check or money order payable to the "United States Treasury."

SUMMERWOOD

Wild American Shrimp Pack Nutritional Punch



(NAPSA)-Cooking healthy does not mean giving up on great taste. That's one reason healthful food options, such as certified Wild American(tm) Shrimp, have become so popular.

Harvested in their own natural environment from U.S. waters, certified Wild American Shrimp are low in fat and a source of heart-healthy omega-3 fatty acids.

"Wild-caught shrimp are fresh, succulent and tender-the way nature intended, unlike 85 percent of shrimp, which is imported and pond-raised," says Nathalie Dupree, chef and author of "Shrimp & Grits."

A typical 4-ounce portion has just 112 calories when served steamed, boiled, grilled or baked and provides 23 grams of protein-47 percent of the daily value for protein. Studies have found that shrimp is an excellent source of vitamin D, as well as niacin and iron.

"Consumers have a choice when it comes to their seafood. Choosing local ingredients like Wild American Shrimp not only ensures you're getting the best-tasting seafood available, it also supports an entire industry and way of life," says Dupree.

You can taste the difference with this recipe from Dupree's latest cookbook:

Simple Supper Wild American Shrimp & Grits

Makes 2 servings

- 2 cups cooked grits
- 4 tablespoons butter and/or olive oil
- 1 pound Wild American Shrimp, peeled
- 1 medium tomato, chopped
- 1 to 2 garlic cloves, chopped
- 1 tablespoon julienned fresh basil or parsley

Reheat grits in the microwave or over low heat, with additional liquid if necessary. Melt butter and/or olive oil in a saucepan, preferably non-stick. Add shrimp and sautŽ until just before they turn pink. Add tomato and stir until liquid exudes slightly, just a minute or so. Add garlic and cook briefly. Divide grits between 2 plates, pour shrimp and tomato mixture on top, garnish with basil or parsley and serve.

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 9th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)



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Traveling this Spring? New clients who book pet sitting services by March 31st will receive a 10% discount. Certain restrictions may apply.

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Protecting Your Home: 10 Lo-Tech and Hi-Tech Tips

After a fun-filled week in the sun or on the slopes, the last thing families want to do is come home to a ransacked house. According to the National Burglar and Fire Alarm Association, each year nearly 5 million families become victims of household burglary, often when they've been on vacation.

Austin-based home security company uControl, a member of the National Burglar and Fire Alarm Association, shares 10 lo-tech and hi-tech security tips to protect your home while you're away:

Lo-Tech:

1. Discontinue newspaper and mail delivery.
2. Lock all doors, windows and garage doors.
3. Leave drapes and shades open as normal (closed blinds give burglars privacy should they break in).
4. Have your yard mowed and your trees and hedges trimmed – removing hiding places for burglars.

Hi-Tech:

5. Install motion-sensor lights in your yard so lights come on when someone walks by.

6. Install an alarm system – but not just any alarm system. Today's newer alarm services offer better security and more features and services, usually for the same (or lower) monthly fee.
7. Select a home security provider that offers redundant, back-up connections for your alarm system. Burglars know that all they have to do is cut the telephone line to disable most alarm systems. Newer security systems operate over broadband and cellular connections so your system is always monitored – whether a phone line is cut or your power goes off.
8. Make sure your home security is monitored 24/7 by licensed monitoring centers.
9. Select a security provider that provides remote access so you can check on your home anytime, anywhere. Many newer systems allow you to check on your home's alarm status from a computer or cell phone.
10. Set up your alarm system so you (and selected family members or neighbors) receive text messages or emails when the alarm goes off.

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SUMMERWOOD

Texas Events - March

13-25—HOUSTON: Seven Brides for Seven Brothers Hobby Center for the Performing Arts. www.tuts.com 713/558-TUTS or 888/558-3882

16—WHARTON: U.S. Army Field Band & Soldiers' Chorus Begins at 7 p.m. WHS Auditorium. 979/532-0404

17—FULTON: Harriet's Trash to Treasure Bazaar Shop the donated treasures offered for sale. Enjoy baked goods, arts & crafts, antiques, collectibles and more. Hours are 9 a.m. to 3 p.m. Fulton Mansion State Historic Site. 361/729-0386

17—GALVESTON: Steve Solomon's My Mother's Italian, My Father's Jewish & I'm in Therapy The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 800/821-1894

17—HOUSTON: Birder Walk & Talk Enjoy a guided hike while seeking spring neotropical migrants and nesters. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

17-18—HOUSTON: 18th Annual Auto Swap Meet Browse through booths filled with old, new and used automobile parts, paraphernalia and memorabilia. Traders Village. www.tradersvillage.com 281/890-5500

18—GALVESTON: St. Patrick's Day Bike Parade Kids 12 and under are invited to participate. With parents' help, kids decorate the bikes then parade through the campgrounds. Begins at 10 a.m. Galveston Island State Park. 409/737-1222

22-24, 29-31—HOUSTON: Don Giovanni Presented by Opera in the Heights. Begins at 7:30 p.m. Lambert Hall. www.operaintheheights.org 713/861-5303

22-Apr. 15—HOUSTON: Cirque du Soleil's Corteo www.cirquedusoleil.com 800/678-5440

23—BROWNSVILLE: UTB/TSC One O'clock Jazz Band UTB/TSC Set-B Lecture Hall. www.utb.edu 956/882-8247

23-24—VICTORIA: The Quilt Guild of Greater Victoria Inc. Quilt Show 361/574-9869

23-25—HOUSTON: Bayou City Art Festival More than 300 national artists are invited to show and sell their original art. Memorial Park. www.bayoucityartfestival.com 713/521-0133

23-25, 30-Apr. 1—BROWNSVILLE: Victor/Victoria Presented by Camille Playhouse. 1 Dean Porter Park. 956/542-8900

24—GALVESTON: Say Goodnight, Gracie The Life, Laughter &

Love of George Burns & Gracie Allen Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

25—KATY: Annual All Around Liar's Contest Anglers, hunters and liars are invited to share stories about the one that got away. Begins at 2 p.m. Bass Pro Shops. 281/644-2200

26—HOUSTON: Old World to New Texas Presented by the Houston Chamber Orchestra. Begins at 7:30 p.m. Zilkha Hall, The Hobby Center for the Performing Arts. www.uniquelyhouston.org 713/315-2525

26-Apr. 1—HOUSTON: Shell Houston Open Golf Tournament Some of the world's best golfers compete. Redstone Golf Club. 281/454-7000

29-Apr. 1—GALVESTON: Featherfest 2007 Includes expert-led workshops; field trips by foot, van, boat and kayak; some non-birding events; Saturday banquet at the Hotel Galvez; Birders Bazaar and more. www.galvestonfeatherfest.com 888/425-4753 or 409/392-0841

31—PEARLAND: Easter Egg'stravaganza Children can bring their baskets and join the bunny in Centennial Park. Includes inflatable games and activities, plus food vendors. Begins at 10 a.m. 3219 McLean Road. Rain date is 6 p.m. April 3. www.pearlandparks.com 281/652-1673

31-Apr. 1—HOUSTON: 12th Annual Bayou City Cajun Fest Live bands perform from 11 a.m. to 5 p.m. Enjoy shrimp etouffee, red beans and rice, fried boudin balls, seafood gumbo and spicy boiled crawfish. Traders Village. www.tradersvillage.com 281/890-5500

31-Apr. 1—HOUSTON: H-E-B Children's Festival Includes six entertainment stages, more than 350 games and 10 family adventure areas. 713/522-9723

31-Apr. 1—TOMBALL: Tomball German Heritage Festival Includes a music street festival with ethnic German and Czech music and folk dancers. Old Town Tomball. E-mail: gradsand@yahoo.com • www.tomballsistercity.org 281/379-6844 or 713/829-7116

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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.

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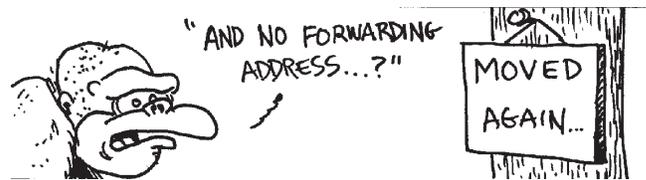
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An earthworm has five pairs of "hearts" in the front part of its body. The hearts help circulate the worm's blood.



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TOTAL	17	15	15	11	15	4
Avg \$/Sq Ft	81.95	81.70	82.15	83.25	88.27	75.52
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