

SUMMERWOOD

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Volume 9, Issue 4
Summerwood Community Association
www.summerwood.org

April 2007

Little League Health Risks Anything but Minor

Baylor College of Medicine

HOUSTON – (Feb. 26, 2007) – Before letting young athletes play like the pros, know the risks – both physical and mental – of putting undeveloped muscles and bones to the test.

Dr. Joseph Chorley, assistant professor of pediatrics at Baylor College of Medicine in Houston, suggests parents wait for indicators of physical maturity before allowing their children to engage in intense, physically demanding activities and year-round sports. Indicators for boys include needing to shave and for girls, the beginning of menstruation, said Chorley, who is also a sports medicine specialist at Texas Children's Hospital.

"It is difficult to set an age at which kids should be allowed to throw a curveball (which puts undue stress on the shoulder and elbow) or play their sport of choice year-round," he said. "At 14, kids are at such different developmental stages than one another that the decision needs to be individualized."

Exposing a body too soon to intense physical strains can lead to serious injury. Chorley regularly sees adolescents and children with shin splints, stress fractures and knee pain from running cross country; ankle sprains and low back pain from soccer; shoulder strains and

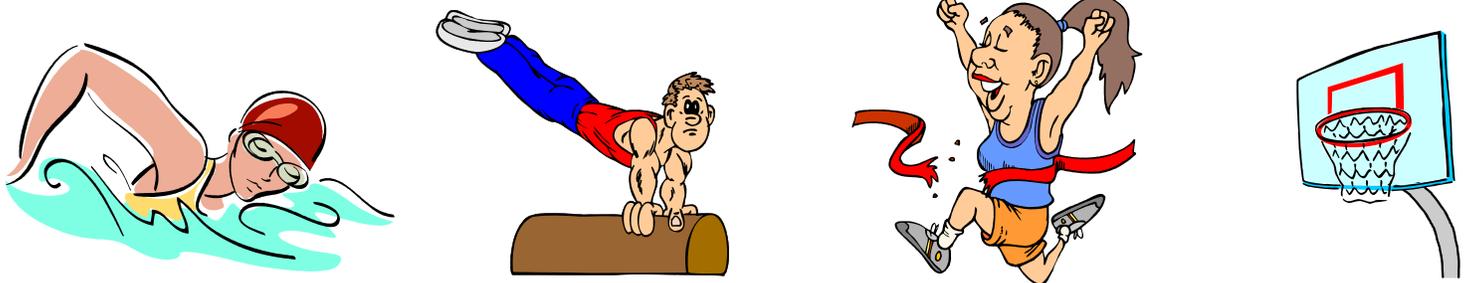
bursitis in swimmers; jumper's knee and shoulder pain from volleyball and little league elbow and shoulder pain from pitching in baseball.

As for playing sports year-round, children and adolescents should not only be developed and physically ready for the pressures but also emotionally prepared.

"Sports are a great way to enhance childhood, but they shouldn't take away from it," said Chorley. "Often parents lose perspective; only one in 10,000 high school varsity players will ever make money in pro-sports. We shouldn't have an all-or-nothing attitude of either belonging to the physically elite or being a couch potato."

Chorley says adolescents who are serious about year-round sports can do so if they can maintain appropriate weight and growth, perform without pain and injury and meet their unique nutrition needs. He does, however, caution against psychological burnout, which can take the form of flu-like symptoms and less enjoyment of the activity.

"Whatever a young athlete's choice of sport, whether contact is involved or not, it can be detrimental if the child is not physically, developmentally and emotionally ready," said Chorley. "Both parents and pediatricians need to be aware of the risks."



Don't want to wait for the mail?

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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
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SCHOOLS

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

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Personal Classifieds

Moving Sale- 55' big screen tv, kitchen table, bedroom furniture, coffee talbes, end tables, ent ctr. Call for prices: 832-309-3572.

LAKESWOOD CRUSADERS

New Beginnings

Bible Study

Friday - April 20, 2006

7:30 P.M. - 8:30 P.M.

Summerwood Community Center

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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

DID YOU KNOW?

When lions are reunited after a separation, they greet each other by rubbing cheeks.



The U.S is home to about 850 different species of trees.

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			

* Solution at www.PEELinc.com © 2006. Feature Exchange

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Park Lakes Community Garage Sale

Our residents have cleaned out their closets and can't wait for you to stop by on Saturday, April 21st from 7AM – 12 Noon! You'll find treasures galore in our community-wide garage sale! Residents will be selling their items right out of their garages. For a map and list of items being sold, don't forget to stop by SplashPad Texas (located off of Wilson Rd/Beltway 8E, Humble 77396, 281-441-3557) or the gate attendant on the day of the sale. Don't miss out! For any questions, please contact Michelle Evrard, Director of Community Events, at michelle@events-ec.com or 713-783-6702.



As a child my family's menu consisted of two choices:
take it or leave it.
-Buddy Hackett

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.



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Submit Information for Publication in the Newsletter

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Texas Events - April

13, 15, 18, 21, 24, 27, 29—HOUSTON: Verdi's Aida Depicts the love triangle involving a slave girl, military captain and princess. Houston Grand Opera. Wortham Theater Center. 713/228-6737 or 800/626-7372

14-15—HOUSTON: Japan Festival Includes music, dance, martial arts, Japanese food vendors, exhibitors, Japanese Gardens tour, tea ceremony, bonsai and origami demonstrations, kids games, and more. Hours are 10 a.m. to 6 p.m. Hermann Park Japanese Gardens. E-mail: yoko@jashouston.org 713/963-0121

20-21—HOUSTON: Spring Showcase Houston Ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

20-22—HOUSTON: The Grand Prix of Houston Allows families to see the finest open wheel and sports car racing in America. See the race teams and enjoy live music and other entertainment. Reliant Park. 713/659-7223

20-29—HOUSTON: 40th Annual WorldFest: Houston International Film Festival Brings a blend of feature films, shorts, screenplays, TV commercials, music videos and documentaries to viewers. 713/965-9955

21—HOUSTON: Birder Walk & Talk Stroll around the park's many trails on this guided hike while seeking spring neotropical migrants and nesters. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

21-22—HOUSTON: 2007 BP MS 150 This 180-mile journey starts

in Houston and ends in Austin. Includes an overnight celebration in La Grange. www.ms150.org 800/323-4873 or 713/867-3279

21-22, 28-29—HOUSTON: Houston International Festival This event is the city's official celebration of art and culture. Continues its tradition of bringing together hundreds of international musicians, artisans and food vendors from around the world. This year's festival spotlights China. Downtown Houston. www.ifest.org 713/654-8808

24—HOUSTON: TUTS' Tommy Tune Awards A team of 40 Houston-based theater professionals review and evaluate participating high school productions with the winners being announced at this Tony Awards-style ceremony. Hobby Center for the Performing Arts. E-mail: tuts@tuts.com • www.tuts.com 713/558-2600

25-29—HOUSTON: The Grand Wine & Food Affair Along with wine seminars and special demonstrations, this event includes the Grand Tasting, featuring reserve quality or better wineries and more than 40 celebrated chefs; the Sienna Sip & Stroll with tastings from more than 50 wineries and restaurants; and the Bistro Brunch, celebrating wine and food from the world's major wine regions. www.thegrandwineandfoodaffair.com 713/747-9463

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TOTAL	15	15	11	15	4	9
Avg \$/Sq Ft	81.70	82.15	83.25	88.27	75.52	73.78
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Shalene Fox
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