

SUMMERWOOD

live friendly.



Volume 9, Issue 7

Summerwood Community Association

www.summerwood.org

August 2007

Houston Family Arts Center Events

Houston Family Arts Center presents 'Seussical The Musical', weekends August 10-19, The Berry Center Theatre, 8877 Barker Cypress Rd. Your favorite Dr. Seuss characters come to life in this delightful musical.



Please visit www.houstonfac.com for individual tickets or call 281.664.1418 for groups of 10 and more. Tickets are \$12/Adults; \$10/Seniors and \$8/children and students.

Houston Family Arts Center presents 'The Pirates of Penzance', weekends, August 31 – September 9, The Berry Center Theatre, 8877 Barker Cypress Rd. Every young imagination has dreamt of being a pirate with an eye patch and sword, and in Gilbert and Sullivan's most popular operetta, everyone gets their chance. Gilbert's sharp patter hits the mark with unerring skill, and this is widely considered to be Sullivan's greatest score. Please visit www.houstonfac.com for individual tickets or call 281.664.1418 for groups of 10 and more. Tickets are \$12/Adults; \$10/Seniors and \$8/children and students.

National Night Out reminder



The 24th Annual National Night Out (NNO) has been scheduled for Tuesday, August 7, 2007.

NATIONAL NIGHT OUT is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police-community partnerships; and
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.

LAKESWOOD CRUSADERS

New Beginnings
Bible Study

Friday - August 17, 2006

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

Summerwood Community Center

ALL ARE WELCOME

INCLUDING CHILDREN

LIGHT REFRESHMENTS SERVED

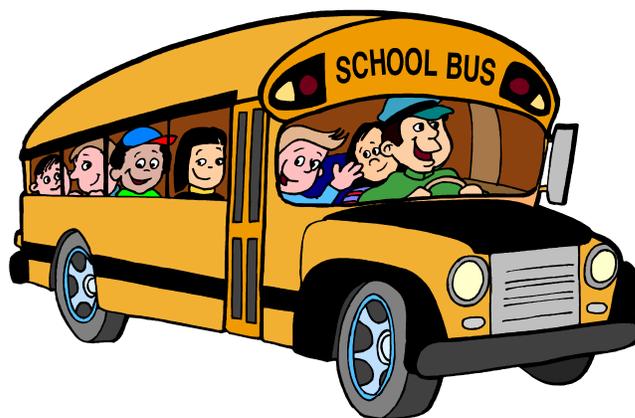
Contact:

Pastor Floyd and Alva Perry

gdnw@swbell.net

281-436-0779

Back-to-School



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	

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

A semi-retired business executive in Summerwood with computer experience is looking for personalized, in his home Excel and PowerPoint training. Perfect opportunity for a student looking for summertime work. Hourly rate up to instructor. Days of week and times quite flexible. Please call: 713-594-7273

Cartoon Corner



"I brought the cellular phone so I could chat with some of the girls while we fish. . . But, I can't seem to find it."

Don't want to wait for the mail?

**View the current issue of the
Summerwood Community Association
Newsletter on the 1st of each month at
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Summer is finally here, with sunny days, warm nights, and the hottest season of the year for real estate sales. If you are planning on selling or buying a home, or know someone who is, please let me assist you in making a scorching-hot deal.

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.

Accessibility and good follow-through – these qualities are instrumental in providing clients with the best in customer care. If you know someone who is selling or buying a home, please refer him or her to me for the best real estate transaction ever.



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

Health & Safety

Researchers have concluded that Vitamin D offers benefits beyond just strengthening teeth and bones, such as increasing muscle mass and function. People as young as 40 can begin losing muscle strength if they are not getting enough Vitamin D.

Researchers have also found that Vitamin D helps metabolize cholesterol and can help ward off serious diseases such as multiple sclerosis, diabetes, and even cancer.



One of the best ways to get the proper daily amount of Vitamin D is from sunlight – using little or no sunscreen – for short durations so your skin doesn't burn. This seems to contradict warnings from medical experts about the harmful effects of the sun's rays; however, researchers have concluded that people living in cold climates, and those who use the strongest sunscreens can, over time, lower their levels of Vitamin D.

Because it is a fat-soluble vitamin, people on low-fat diets may be at risk for lowering their ability to properly absorb Vitamin D. Eating fish such as cod, snapper, salmon, and tuna, and using olive oil are good ways to ensure you are getting the correct amount of healthful fat for proper absorption.

Helpful Hints

High-definition TVs offer excellent picture quality – notably higher than their analog predecessors because they have a higher resolution. However, there are some differences in the technologies of HD TVs on the market, and you should become familiar with them before you shop:



LCD (Liquid Crystal Display) – These TVs are thin, lightweight, and wall-mountable. However, they are currently only available with screens up to 46 inches and their picture quality is slightly less than that of their plasma counterparts.

Plasma – These offer the best picture quality, offer 180° viewing, or side-viewing ability, and are also thin enough to be hung on the wall. On the down side, plasma TVs are only available with a 42- inch screen or larger.

HD Rear-Projection Microdisplay (cathode-ray tube) – These flat screens provide superb picture quality, are much cheaper than plasma TVs, but are not wall-mountable.

Finally, a note on wall-mounting your TV: be sure to use a reputable television wall-mounting kit, and remember that it is generally a job for at least two people.

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Printing & Publishing

1-888-687-6444
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We currently publish newsletters for the following subdivisions in Houston:

- Berkshire
- Coles Crossing
- Cypress Mill
- Enchanted Valley
- Fairfield
- Hambeldon-Briarchase
- Harvest Bend, The Village
- Kings Manor
- Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- Oakwood Glen
- Park Lakes
- Riata Ranch
- Riverstone Ranch
- Steeplechase
- Summerwood
- Village Creek
- Waterford Harbor
- Westheimer Lakes
- Willowbridge
- Willowlake
- Willow Pointe
- Winchester Country
- Winchester Trails
- Windermere Lakes
- Wortham Villages

Kelly Peel, Sales Manager

kelly@PEELinc.com • 1-888-687-6444

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.

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

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Get Into the Swim of Things

Are you ready to take the plunge and try a new fitness activity? How about water exercise? Also known as aquatics, water exercise is one of the best non-impact fitness activities around and just about anybody can participate. Pregnant women, the elderly or overweight, individuals with arthritis or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

Get into the swim of things

Here are the facts: The buoyancy of water reduces the "weight" of a person by about 90 percent. This means that the stress on weight-bearing joints, bones and muscles is similarly reduced. For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise.

But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

Water works your heart

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping and even dancing. Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute

when compared to land exercise. That's why it's so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.



Water adds resistance

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you. Other devices, such as hand-held paddles and water chutes can increase the resistance to provide a more intense workout.

The flexible benefits of water

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult

on land. Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

Aquatics 101

Once you've decided to take the plunge, it's simply a matter of finding the right class for you. Check with your health club or YMCA to see if they offer aquatics classes and drop in on one or two to see if they are right for your fitness level. A good class should include a good warm up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool down. The cool down should include plenty of flexibility exercises for the entire body.

If you have a preference for music, find a class that suits your taste. Don't be afraid to ask about instructor qualifications and safety precautions. Your instructor should be certified and may also have special training in aquatic exercise.

The pool is a fun place to feel like a kid again and get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you're a dip-your-toe-in-the-water type of person, don't be afraid to take the plunge into water fitness.



*Reprinted with permission
from the American Council on Exercise.*

SUMMERWOOD

Texas Events - August 2007

1, 3, 9, 11—HOUSTON: Romeo & Juliet Begins at 8:30 p.m. Produced by the Houston Shakespeare Festival. Miller Outdoor Theatre, 100 Concert Drive in Hermann Park. www.milleroutdoortheatre.org 281/373-3386

2—HOUSTON: Children's Hilltop Festival — Princess Polite Taken from the classic tale of Snow White. Begins at 11 a.m. Miller Outdoor Theatre, Hermann Park. www.milleroutdoortheatre.com 281/373-3386

2, 4, 8, 10—HOUSTON: Love's Labor's Lost Produced by the Houston Shakespeare Festival. Begins at 8:30 p.m. Miller Outdoor Theatre, Hermann Park. www.milleroutdoortheatre.com 281/373-3386

3—HOUSTON: Children's Hilltop Festival — The Three Little Pigs Begins at 11 a.m. Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386

3-5—HOUSTON: Houston International Jazz Festival Big names in jazz convene for some of the hottest music of the summer. Various locations, Downtown Houston. www.jazzeducation.org 713/839-7000

11—HOUSTON: Second Saturday of the Month Boat Cruise along Buffalo Bayou No reservations. www.buffalobayou.org 713/752-0314 ext. 3

17—HOUSTON: Women in Jazz: Sara Vaughn Begins at 7:30 p.m.

Miller Outdoor Theatre, Hermann Park. www.milleroutdoortheatre.com 281/373-3386

18—HOUSTON: Museum District Day Features fascinating exhibitions, hands-on activities, demonstrations and performances. Houston Museum Day. www.houstonmuseumdistrict.org 713/715-1939

24-25—HOUSTON: Madame Butterfly Presents a tragic love story. Miller Outdoor Theatre, Hermann Park. www.milleroutdoortheatre.com 281/373-3386

25—HOUSTON: Regional Arts Council Royal Arts Ball "Dance with the Stars" Shirley Acres. www.regional-arts.org 281/351-3301 or 281/351-2787

26—HOUSTON: Theater District Day Enjoy backstage tours, live performances, set and costume displays, and sneak previews of the upcoming season. Houston Theater District. www.houstontheaterdistrict.org 713/223-4544

31—HOUSTON: Conrad Johnson Music & Fine Arts Foundation Presents "A Tribute to the Big Band Era." Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386

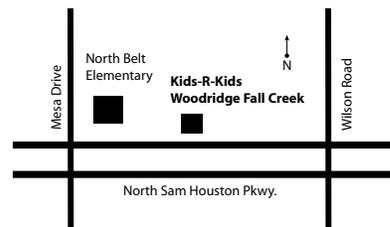
Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

WOODRIDGE FALL CREEK

The church in your own backyard

Woodridge Baptist Fall Creek is a place where God is building our faith and we are building a community. We're building a community of believers who, even though we have many different walks in life, we have one faith in common, our faith in Jesus Christ. We would love for you to come and be our guest at Woodridge Baptist Fall Creek, the church in your own backyard. Why don't you come find . . . *Your Place to Belong?*

Bible Study: 9:30 a.m. • Worship: 10:45 a.m.



Meeting at Kids-R-Kids
8221 North Sam Houston Pkwy. East
(across from Fall Creek)


Woodridge
FALL CREEK

woodridge.org • 281.361.6800



Recipe of the Month:



Can't Stop Cookies

- | | |
|----------------------------|----------------------|
| 2 cups sugar | ½ t. salt |
| 2 cups butter or margarine | 2 t. soda |
| 3 cups flour | 4 cups corn flakes |
| 2 t. cream of tartar | 1 cup chopped pecans |
- Cream sugar and butter. Add dry ingredients. Then, fold in corn flakes and nuts. Roll into balls and bake at 350° for 10 to 15 minutes.

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- 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.

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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\$250 - 299,999	1	1	4	3	2	5
\$200 - 249,999	2	4	4	11	3	8
\$170 - 199,999	1	2	11	7	3	5
Under \$170,000	0	1	3	4	2	1
TOTAL	4	9	25	30	14	22
Avg \$/Sq Ft	75.52	73.78	78.67	80.28	80.37	82.28
Avg Days on Mkt	115	149	85	126	118	72

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.

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* All figures based off MLS data 7/10/07 **For communities 2500 acres

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