

News For The Residents of Summerwood

Summerwood

Volume 10, Issue 7, July 2008

New Families at Summerwood Lakes

Photos Submitted by Cindee Vaughn



Pet Corner

Submitted by Luis Escobar, Dog Behavioral Therapist & Master Trainer

Thunderstorms, Firecrackers, and Other Loud Sounds

Does your dog jump at the clap of thunder? Does he bark at the bang of fireworks? Or is he calm with seemingly no reaction to the loud crashes?

Dogs have varying reactions to loud noises. Some may tear up the house, others may try to hide or run from the scary sounds, while others seem just fine.

If your dog appears fearful of clamoring sounds, check with your vet. Some dog's ears are so sensitive that the noisy clapping of thunder may actually hurt their ears. If a dog is somewhat deaf, these sounds may also cause adverse reactions. Your vet also can help if your pup needs a sedative to calm him during a noisy storm or explosive celebrations of the 4th of July. Also check with your vet about using Bach Rescue Remedy if a sedative is not appropriate.

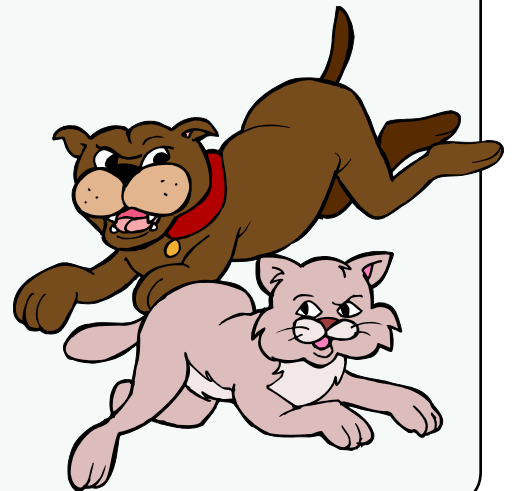
Since you are not always home when storms hit, you will want to set up an area for your dog in which he feels safe. Crate training your dog offers him that safe haven. He should be able to access the designated refuge whenever you are not at home.

Some dogs react to an approaching storm long before it even reaches the area. It is as though that the dog is reacting to the sound of thunder from the distanced storm. The dog, however, is actually reacting to the presence of static electricity in the atmosphere (as happens with the drop of barometric pressure prior to a storm).

These dogs need to be grounded. An anti-static mat can be placed in or under the dog's kennel. The kennel should be situated in a way that the dog thinks it has entered the house. The kennel should be soundproofed with rubber-backed carpet with an extra piece of carpet across the opening to create a flap that closes after the dog enters.

If the kennel is a safe place, the dog should be allowed to come and go as it wishes. Some dogs become so fearful that they may hurt themselves if the kennel is closed and they cannot escape. If the kennel is soundproofed, the bang of thunder and fireworks may be diminished and the dog may remain calm. If crating your dog is not a possibility or you do not have a crate, find a place where the sound is less intense. In a thunderstorm, the dog should be in a closed-in area that does not let in the flash of light.

(Continued on page 2)



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.)	

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Pet Corner- (Continued from Cover Page)

The best solution, however, for dogs that are fearful of noises is desensitization. This is the process of helping your dog work through his fear of storms and other loud noises. It can be a slow process, and you must take time every day to work with your dog. Do not console your dog when he is fearful. Instead, distract him with something like play. He will be so busy playing that he may not even hear the thunder. You may also want to use a soundtrack of storm noises, firecrackers, car backfiring or other sharp sounds. Play the tape at a low level and simultaneously distract him by keeping him focused on play, on you or on another activity. Over time, increase the volume of the recording. Repeat this process until your dog has become accustomed to the noises.

Case Study: Rex, a Rottweiler, would begin acting anxious when a storm approached. The owner could not settle the dog, and he would hurt himself when the storm arrived. Rex would run through the house or the backyard crashing into things. One time he had escaped trying to run from the storm and was not found until after the weather calmed. The solution of using a crate with antic-static pads helped to calm Rex. The soundproofed crate diminished the sound of the thunder and the carpet prevented the flash of light inside. Rex is now calmer during a storm and much happier. The owner now has a calm dog and no longer needs to search for Rex after a storm.

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Health & Safety

For pet owners, dogs and cats are beloved members of the family and are catered to like "royalty." Each year, however, Americans apply a vast array of toxic chemicals to their pets, intending to rid them of bothersome fleas and ticks, but unintentionally causing injury or death to their pets from exposure to pet products containing pesticides.



What You Can Do:

- **STOP** using toxic products immediately. Avoid these organophosphates (OPs): chlorpyrifos, dichlorvos, tetrachlorvinphos, malathion, diazinon, phosmet, and naled; and carbamates with chemical names of carbaryl and propoxur.
- **BEGIN** using safer products on your pets. Shampoos are safest, and fatty acid soaps are recommended.
- **GROOM** pets regularly with a flea comb while inspecting for fleas.
- **MAINTAIN** clean bedding and sleeping areas for your pets by choosing bedding with washable covers.
- **SEPARATE** your treatment methods for dogs and cats, using nontoxic products specifically made for each of them. Treatments that are perfectly fine for dogs can be quite toxic for cats.
- **PHONE** your local poison control center if you think you or your pet has been affected by a pet product containing pesticides. Also, report the incident to the EPA's National Pesticide Telecommunications Network, at 800-858-7378.

Household Tips

Have a Technician coming over for a service call? Here are some tips to promote a safe and functional environment during the service call:

Children – Curiosity of children can slow down or impede the Technician's work progress. Keep children outside the area being serviced or with a sitter.

Pets – Indoor pets also get curious and may become territorially aggressive when a Technician arrives. Also, pets can find their way outside if the Technician needs to go in and out of the house frequently. Make sure pets are tethered or in a secure room.

Floor Protection – To avoid having mud and/or dirt tracked into the house, lay down some old sheets, towels, or a drop cloth in main pathways leading to the area that will be serviced. Some Technicians have boot covers but not all of them do!

Advance Information to Give the Technician – Include make and model number of item needing repair, location of item – inside, outside, or under house (note size of opening) – and the address, phone number and directions to your home, should the appointment need to be rescheduled.

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

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SUMMERWOOD

"Adventures in Mothering" at The MET

Submitted by Jennifer Everage

Mothers of Preschoolers need a little encouragement... and a whole lot of fun! METMOPS is registering throughout the summer for the fall semester of MOPS. We are exploring "Adventures in Mothering". Join us this fall (September – December) on Friday mornings from 9:15 -11:45 a.m. at the Metropolitan Baptist Church. METMOPS meetings include awesome speakers, creative crafts, encouraging discussion time, food and door prizes. Childcare is provided with registration. Register now at metmops.org.

Submit Information for Publication in the Newsletter

Please help fill the Summerwood 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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July Landscaping

Submitted by Ron Kerwin

July heat will take its toll on our lawns, and everything in our lawns if we fail to use water properly. Water less frequently and deeper with each application. Our lawns need one inch of water per week. Do not water so much per application that it runs off into the street curbs, but do water as much as possible per each application. Put any straight-sided container out in the lawn, water for a specific period of time, and then simply measure the amount of water you caught in the container for that period of time. You now can figure an easy formula for the goal of 1 inch per week. Your lawn turf roots will seek a deeper soil level if you water longer with each application. Deeper roots will be healthier and less drought susceptible.

If your lawn turf is getting sparse under your trees, you might take a look at the following as a possible solution. Dead or damaged limbs in your trees are very visible right now. Remove them for a healthier and better looking tree. Raising the tree canopy will allow more sunlight to reach the lawn turf underneath. Raising the canopy means you simply remove the lower limbs from the tree trunk base upward to a point. This height varies with tree variety and it is basically up to your desires. After working on the canopy, you can work at thinning the tree. This involves removing the small diameter growths from each branch starting at the bottom limbs and working upward. Depending on the overall tree size you can remove these small growths out about 1/3 of the limb length from the main trunk. Removing all this will allow more light to get through to your soil. It also allows for an increase in air circulation through the tree, which is also a benefit to the tree. Another option would be to construct a bed and plant ground cover (Asian Jasmine or English Ivy) as examples of shade loving plants.

This is a good month to remove rose bush branches that are sickly or dead. A light pruning now will increase your fall flower production. Get a good thick layer of mulch down in all your beds to help your flowers and shrubs survive the heat we all know is coming. It is easy to figure your needs. Most mulch comes in 2 cubic foot bags. Take the length of your bed times it width, multiply by .17 (2 inch depth of mulch), or by .25 (3 inch depth of mulch), and divide by 2 cubic feet per bag. The result is how many bags you need to buy. Your shrubs bases take up some space so you can subtract one or two bags and still get by fine. Example- your bed is 5 feet by 25 feet. $5 \times 25 \times .17 / 2 = 10.6$ bags, buy 10 and you'll be just fine.



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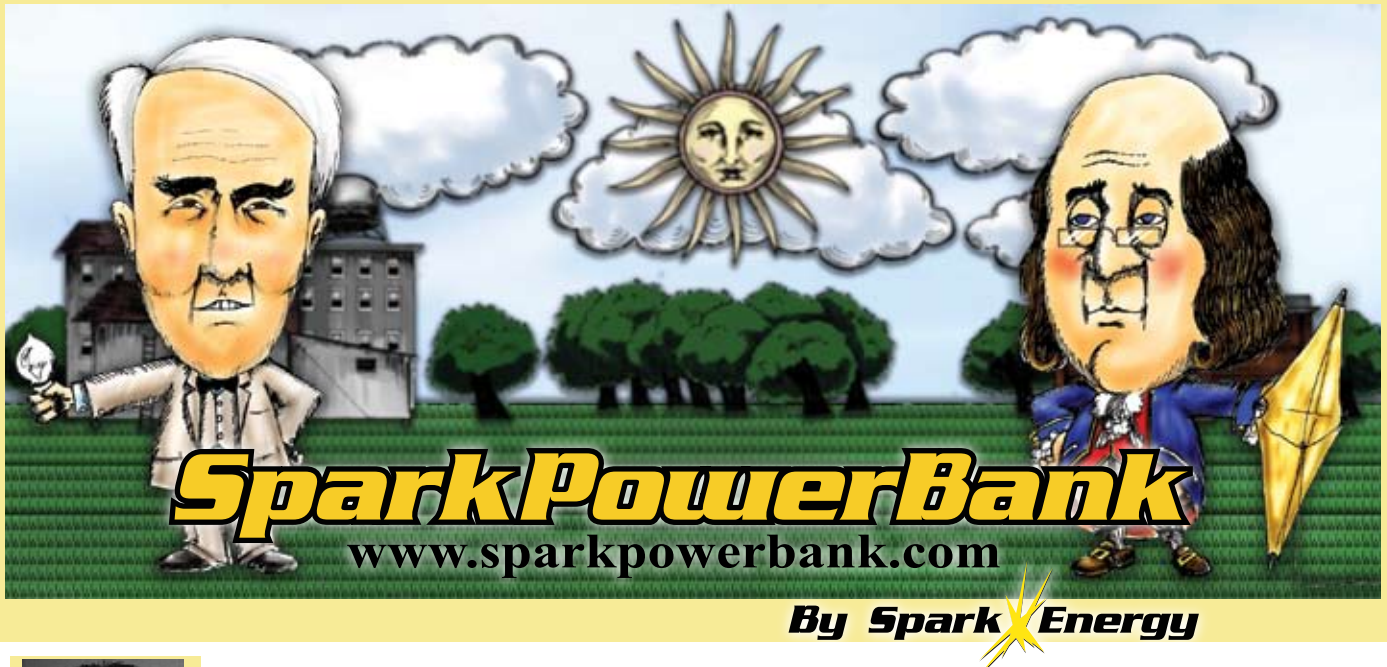
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How To Travel Light And Be A "Happy Traveler"

Submitted by Marina Byrum

Your carry-on bag could be the solution to some of the summer travel season's likely woes — including checked baggage fees on American Airlines and possibly other carriers — but it also has the potential to cause headaches. You don't want to find a rumpled mess when you arrive at your destination or spend your vacation shivering or sweating because you weren't ready for the weather.

It is possible to pack fashionable clothes in an efficient way. Some tips from the pros:

CHOOSE A GOOD BAG

Some travel experts recommend a standard rectangular-shaped bag with wheels for business trips because clothes are less likely to become wrinkled. For recreational travel, however, soft-sided duffel bags are better.

One way to pack play clothes to fit into space more economically is to roll them and stuff them into a bag like cigarettes into a cigarette box. But if you're using the rectangular-shaped bag, it's good to use Zip-lock plastic baggies, which come in 1 and 2-Quart sizes, as well as 1 gallon and 2 gallon sizes. Simply lay your garment or garments inside the bag, then as you zip it shut, squeeze as much air as possible out of the bag. Voila! Your bag/garment is flat as a pancake and takes up practically no space. And best of all, clothes do not tend to wrinkle using this method - unless they are fabrics that are prone to wrinkle anyway.

It's a good idea to separate undergarments and socks into one zip-top plastic bag, tech gear such as cords and batteries into another, and toiletries all in yet another. (Any liquid needs to be stored in a see-through bag.)

Since you may be asked to open carry-on bags during a security check at the airport, things will go much more smoothly if items are organized. Otherwise, everything can spill out, which can be both inconvenient and embarrassing.

Carry-on bags tend to be treated more gently than checked bags so there is an opportunity to choose more of a fashion-

forward bag than basic black. Plus, using a bright colored bag, or one with graphic print, will make it easy to find your bag in the overcrowded overhead bins.

Also, be mindful of your airline's size limit for carry-on bags. American's, for example, is 45 linear inches (height plus length plus width).

WHAT TO PACK

To minimize the number of garments you have to pack and unpack, choose a neutral color palette — maybe blue and tan, maybe black and white — and then stick with it for the trip. By limiting the number of colors and patterns, everything matches and there's no need for that extra sweater to go with the lime green skirt. To keep your wardrobe from being too boring, pack colorful scarves or cute belts, which take up very little room in a bag.

Jersey fabrics, as well as washable silks and athletic fabrics, usually pack flat and travel well, according to Susan Foster, author of a book entitled "Smart Packing" (See website at <http://www.smartpacking.com/>). She recently became sold on The Limited's new travel suit, made in a polyester-wool-and-Lycra blend, because it has a slimmer, more modern cut than most travel-specific clothes. Check Travel Smith and Magellan's for travel-friendly wardrobes also. (Both have online shopping sites available.)

The layered look is always works well, with enough T-shirts, camisoles or shells for each day, but only one sweater and light, water-resistant jacket to go on top.

Toiletries tend to take up a lot of room and liquid products are also subject to the 3-ounce security rule, so it might be a good time to move toward dry products, such as a stick deodorant and mineral cover-up makeup. It's also a good idea to pack shampoo with a built-in conditioner and moisturizer with SPF.

Some business travelers are forgoing the toiletry

hassle altogether, ordering travel-size products (see <http://www.minimus.biz>) to be waiting for them at their hotel.

WHAT TO LEAVE HOME

A different outfit for every day is the worst strategy because you might need different shoes, a different handbag and different accessories for each one.

Instead, switch out only the pieces that other people notice. Change the tops, scarves, etc., but who'll notice which black pants I'm wearing today?

Jeans might be the basis for many vacationers' wardrobes, but they really aren't practical, because they're too bulky, can't effectively be washed in the sink and take too long to dry.

Too many shoes are the downfall of many packers. Women shouldn't travel with more than three pairs, says Foster, and men, simply because their shoes have a larger profile in the suitcase, shouldn't have more than two.

For most trips, I try to get by with a comfortable pair of walking shoes and a pair of dressier shoes for dinner.

So why not become a "happy traveler", by cutting down on the bulk and weight of your luggage and making it your goal to cut back on baggage charges and hassles by being a smart packer?



News Of Nutrition

Easy Ways To Eat More Fruits And Vegetables

(NAPSA)-From orange peppers and green spinach to purple plums and red watermelon, eating colorful foods could leave you as a picture of health.

The Centers for Disease Control recommends that everyone consume more fruits and vegetables. One reason is that eating a variety of colorful produce on a regular basis provides a great source of vitamins, minerals and other natural substances to help protect against chronic diseases.

The good news is that in addition to being healthful and nutritious, fruits and vegetables can be easy to add to almost any diet. Try these tips:

- Add vegetables such as bell peppers, mushrooms or tomatoes to your omelet.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Ask for more vegetable toppings and less



Healthy Idea-There are ways to make produce stay fresh longer.

cheese on your pizza.

- Add lettuce, tomato, onion and cucumber to sandwiches.
- Snack on vegetables such as bell pepper strips and broccoli with a low-fat ranch dip.
- Top a cup of low-fat yogurt with sliced fresh fruit.

Saving Green On Your Greens

Of course, if you plan to eat more fruits and veggies, it could pay to also find ways to keep them fresh. Still, Americans throw away 27 billion pounds of produce annually because it has spoiled. That translates into about \$250 worth of wasted produce per person.

One solution is to use a product such as Produce Saver from Rubbermaid. The food containers can help consumers reduce food waste, save money and live healthier lives by keeping produce fresh up to 33 percent longer than traditional containers.

The line is designed with a vented lid that allows produce to breathe and a tray that elevates food out of moisture. Available at local retailers and grocery stores, it can be a smart and affordable way to incorporate more colorful fruits and vegetables into your diet.

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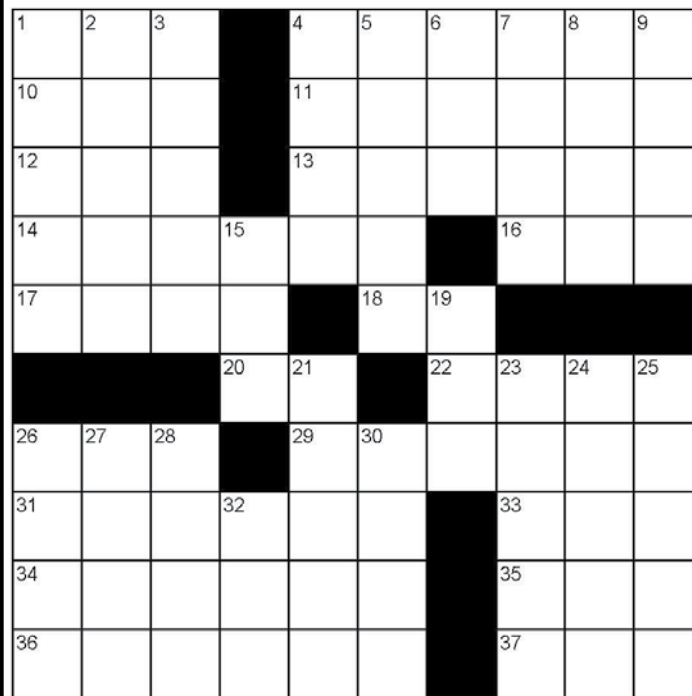


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Crossword Puzzle



ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

**See solution at PEELinc.com*

DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Sego lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

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Some Like It Hot!

Structure of Receptor for Hot Chili Pepper and Pain Revealed

Baylor College of Medicine

HOUSTON – (May 19, 2008) –You can now not only feel the spicy kick of a jalapeno pepper, you can also see it in full 3D, thanks to researchers at Baylor College of Medicine in Houston.

Using sophisticated equipment, the research team led by Dr Theodore G. Wensel, professor of biochemistry and molecular biology at BCM, generated the first three dimensional view of the protein that allows you to sense the heat of a hot pepper. The report appears in the current issue of the Proceedings of the National Academy of Sciences.

“This protein, known as TRPV1, not only senses spicy foods, but also makes it possible to feel real heat and the pain and inflammation related to other medical conditions,” said Wensel, senior author on the study. “This method of viewing the protein now gives us the chance to clearly see the functional relationship between outside stimuli and the nerve cell.”

The outside stimulus used in this study was the heat of a chili pepper. It has been known for years that the burning sensation results from the action of a chemical known as capsaicin on TRPV1 found on the nerve cell membrane. TRPV1 is an ion channel, a tiny pore on the cell membrane that allows chemicals such as calcium to flux in and out.

“Any time you feel a burn or pain sensation, it is mediated by a TRPV1 channel. Different levels of heat are mediated by different TRP channels,” said Dr. Vera Moiseenkova-Bell, a postdoctoral associate in Wensel’s laboratory at BCM and first author of the study. “They are all related but each is regulated in a different manner.”

Wensel said the three-dimensional image of TRPV1 revealed surprising information about its structure. It is made up of a pore domain embedded in the cell membrane, and a “hanging basket” of regulatory domains that extend into the interior of the cell.

“It’s an unusual thing. There is a whole hollow ‘basket’ area but we don’t know what’s that’s for,” Wensel said. “Now the search is on to understand how the ‘basket’ area regulates the channel.”

Isolating TRPV1 gives researchers an idea of how other channels are structured as well.

“Visualization of TRPV1 gives us insight on other TRP channels since they are structurally similar,” said Moiseenkova-Bell. “Pharmaceutical companies target these TRP channels to make sure the drug binds properly. With this first structure we can start to build models of binding sites and hopefully in the future design more effective pharmaceuticals for a wide range of medical conditions.”

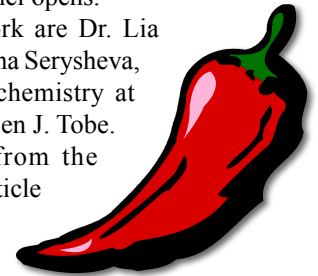
Studying these channels is nothing new. In the past, scientists could measure the activity in the cells but it was unclear what each channel was responding to. Determining which proteins interacted with TRPV1, however, required Wensel’s lab to create a purified model.

The protein had to be removed from cells, purified, and reconstituted in a synthetic membrane so researchers could control channel activity.

“Since calcium is involved in cell signaling, following the calcium movement confirmed the protein is active,” said Wensel. “We are the first group to purify a TRPV1 channel and control what goes in and out when the channel opens.”

Others who took part in this work are Dr. Lia Stanicu, of Purdue University, Dr. Irina Serysheva, adjunct associate professor of biochemistry at BCM, and BCM graduate student, Ben J. Tobe.

Funding for this work came from the National Institutes of Health. The article is available at www.pnas.org



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TOTAL	9	7	13	11	10	15
New Construction	6	1	6	5	4	6
Resales	3	6	7	6	6	9
Avg \$/Sq Ft	74.71	80.66	81.65	78.05	81.72	82.27
Avg Days on Mkt	142	141	90	98	107	104



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