

## Helping Your Child Adjust to Preschool

There are plenty of benefits of preschool - it can be a great place for kids to interact with peers and to learn valuable life lessons such as how to share, take turns, and follow rules. Preschool can also prepare kids for kindergarten and beyond.

But going to preschool does come with its fair share of emotions, for both the parent and the child. For a kid, entering a new preschool environment filled with unfamiliar teachers and children can cause both anxiety and anticipation. For parents, there may be mixed emotions over whether the child is ready for preschool. The more comfortable you are about your decision to place your child in preschool and the more familiar the setting can be made for your child, the fewer problems you - and your little one - will encounter.

### Easing Your Child's Fears

Spend time talking with your child about preschool even before it starts. Before the first day, gradually introduce your child to activities that often take place in a classroom. A child accustomed to scribbling with paper and crayons at home, for example, will find it comforting to discover the same crayons and paper in his or her preschool classroom.

Visiting your child's first preschool classroom a few times before school starts can also ease the entrance into unfamiliar territory. This offers the opportunity to not only meet your child's teacher and ask about routines and common activities, but to then introduce some of those routines and activities to the child at home. While you're in the classroom, let your child explore and observe the class in his or her own way and choose whether to interact with other



children. The idea is to familiarize your child with the classroom and to let him or her get comfortable.

You can also use this time to ask your child's new teacher how he or she handles the first tear-filled days. How will the first week be structured to make the transition smooth for your child?

Although it's necessary for you to acknowledge the important step your child is taking and to provide support, too much emphasis on the change may just make your child's anxiety worse. Young kids can pick up on their parents' nonverbal cues. If you feel guilty or worried about leaving your child at school, he or she will probably sense that. The more calm and assured you are about your choice to send your child to preschool, the more confident your child will be.

### The First Day

When you enter the classroom on the first day, calmly reintroduce the teacher to your child, then step back and let him or her set the tone. This will allow the teacher to begin forming a relationship with your child. Your endorsement of the teacher will show your child that he or she will be happy and safe in the teacher's care.

If your child clings to you or refuses to

participate in the class, don't get upset - this may only upset your child more. Follow the guidelines described by the teacher beforehand, and go at your child's pace.

Suggestions for leaving your child at preschool are simple but can be hard on a parent. Always say a loving good-bye to your child, but once you do, you should leave promptly. Never sneak out. As tempting as it may be, leaving without saying good-bye may make your child feel abandoned, whereas a long farewell scene might only serve to reinforce a child's sense that preschool is a bad place.

A consistent and predictable farewell ritual can make leaving easier. Some parents wave from outside a certain classroom window or make a funny good-bye face, whereas others read a short book before parting. Transitional objects - a family picture, a special doll, or a favorite blanket - can also help comfort your child.

Also, keep in mind that most children do well once their parents leave.

Regardless of whether your child is eager or reluctant to go to preschool, make sure that a school staff member is ready to help with the transfer from your care to the classroom when you arrive in the morning. Some kids may jump right in with their classmates, whereas others might want a private cuddle and a story from a caregiver before joining the group.

Many preschools begin with a daily ritual, such as circle time (when teachers and children talk about what they did the day before and the activities that are ahead for the day). Preschoolers tend to respond to this kind of predictability and following a routine will help ease the move from home to school.

*(Continued on Page 2)*

# SUMMERWOOD

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### Helping Your Child Adjust- (Continued from Cover Page)

Updated and reviewed by: Mary L. Gavin, MD  
Date reviewed: September 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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## ~~~~~ Health & Safety ~~~~~

**D**id you know that tea is the most commonly consumed beverage in the world after water, and that some researchers actually consider tea a "healthier" drink than water?

Black, green, white and oolong teas all derive their leaves from a warm-weather evergreen tree known as *Camellia sinensis*. The leaves from this tree contain antioxidant polyphenols, which are the key ingredient that promotes health. In fact, due to these polyphenols, tea ranks as high as or higher than many fruits and vegetables in antioxidant potential. Studies have shown that polyphenols protect against heart disease and some cancers, aid in weight loss, and protect against Alzheimer's disease.



Herbal teas, however, do not have the same health-promoting properties; in fact, most herbal teas are not tea at all, but infusions made with herbs, flowers, roots, and spices.

The bottom line is that drinking tea is actually better for you than drinking water. Water essentially replaces fluids; however, tea replaces fluids and contains antioxidants. So, brew a cup of tea for at least 3 – 5 minutes to bring out the beneficial polyphenols, and enjoy!

## ~~~~~ Household Tips ~~~~~



**Y**ou're planning a trip, and a kind friend or family member offers to put you up for a few days during your travels. Regardless of how close you may be to your host, you are still a guest. These hints will help you put your best foot forward as a houseguest:

- Stick to the agreed-upon arrival and departure dates.
- Demonstrate your appreciation up front by bringing the host a gift.
- Help with the cleaning and cooking. Offer to pay for gas and other expenses incurred by the host as a result of your visit.
- Inform your host of your schedule each day and don't expect the host to be your personal travel guide.
- As soon as you get home, write your host a note recounting your enjoyable stay and expressing thanks for the hospitality.

Even if it requires a little effort on your part, following these tips is the best way to ensure that you'll be welcome the next time you're in town.

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## Meet Johnathan

DOB: 10/1997

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.

He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."

For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at [info@adopttexas.org](mailto:info@adopttexas.org).



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#### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

#### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.

## The “Four Awareness” Points When Playing Tennis

*Submitted by Fernando M. Velasco*

In past issues, I have written about how to choose proper tennis equipment and efficient ways to practice. This issue offers advice on how to tackle the “critical points” in your matches.

In every match, you will find critical points that can determine whether a player wins or losses. At these critical points, I suggest reviewing what I call the “four awareness” points:

### First Awareness: Self

Every player possesses certain shots that they feel more comfortable hitting on a critical point. For example, it could be a forehand topspin, or a slice one. When choosing which shot to hit on a critical point, decisively utilize the shot that comes more naturally without changing your mind. That is when mistakes are made.

### Second Awareness: Opponent

When the players decide on a shot at a critical point, they need to consider their opponent’s strengths and weaknesses. During the match, they should notice the shots the opponent has less success with than others. On a critical point, players should use the shot they feel more comfortable with but also they will aim towards their opponent’s weaknesses.

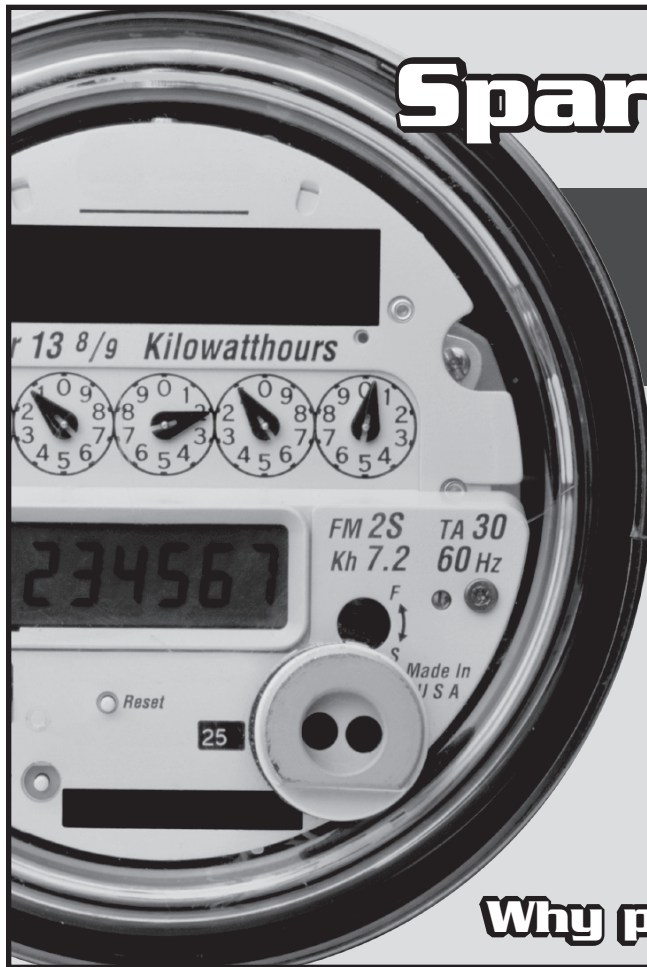
### Third Awareness: Court

Once you decide on your most consistent shot, consider the opponent’s weakness, you also need to take into account the court conditions. Factors such as the sun, wind, and surface will make a difference on the shot executed. When in doubt, you should either choose a shot toward an opening on the court, or directly at your opponent’s feet; open spaces or shoe laces.

### Fourth Awareness: Score

When you decide on your shot, the placement and being aware of the court challenges, a good player should also remember the score in hand. Players will be aggressive when the score is in their favor, and be more conservative when tied, or behind. For example, when a player is serving at 40-15, the serve should be a powerful and assertive. In contrast, if the score is 15-40, the player should serve the first serve with some power, but with more placement.

Over time, these four awareness points will become both automatic and reactionary as players become more experienced in playing and competing. After the shot has been properly executed, they will sometimes give themselves a pat on the back for doing the right thing at the right time, and remind themselves that they followed the “four awareness” points.



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# SUMMERWOOD

## Movie Review

By Kiko Martinez - San Antonio-based film critic/writer - [www.CineSnob.net](http://www.CineSnob.net)

### *Harry Potter and the Half-Blood Prince*

*Daniel Radcliffe and Michael Gambon star in "Harry Potter and the Half-Blood Prince," the sixth installment of the series.*



**Starring:** Daniel Radcliffe, Jim Broadbent, Emma Watson  
**Directed by:** David Yates ("Harry Potter and the Order of the Phoenix")

**Written by:** Steve Kloves ("Harry Potter and the Goblet of Fire")

The popular boy wizard continues down the mysterious road of sorcery and wonderment that has entertained fans for the last eight years in the sixth installment of the J.K. Rowling's fantasy franchise, "Harry Potter and the Half-Blood Prince." Who would have guessed that Harry's most formidable adversary in the new film would be puberty?

Yes, Harry (Daniel Radcliffe) has developed into a young man, and just in time. In "Half-Blood Prince," there's far more to fear than acne breakouts and raging hormones. The Dark Arts flourish as Harry and best friends Ron (Rupert Grint) and Hermione (Emma Watson) continue on their quest to stop the evil Lord Voldemort (seen in this film only as a gothic-looking young student).

The story begins with Albus Dumbledore (Michael Gambon) interfering into Harry's life outside of Hogwarts as he flirts with a café waitress and sets up an impromptu date. Harry, who now knows he is "the chosen one," doesn't have time to enjoy the Muggle world as much as he would like. Dumbledore whisks him off to visit retired professor Horace Slughorn (Jim Broadbent) so they can try to persuade him to return to Hogwarts. There's something Slughorn is suppressing in his memory that can help Harry understand how to defeat Voldemort.

Along with Slughorn's secrets, Harry must contend with a trio of smoky Death Eaters, who are terrorizing both the Muggle and Wizard worlds, Draco Malfoy (Tom Felton), who is coming into his own and doing so by following orders of the Dark Lord himself, and, of course, the romantic high jinks that seems contagious throughout the entire school.

While romance continues to blossom occasionally between Harry and Ginny Weasley (Bonnie Wright), Ron and Hermione's ambiguous relationship halts for a moment when another girl (Jessie Cave) begins to show interest in Ron. There's no need for too many doses of love potion in the high school-like melodrama that plays out in the halls of Hogwarts. With all the heartbreak, jealousy, infatuation, and pitter-patter of youthful hearts, it's really a treat to see there's actual blood pumping through these characters as the story continues to unfold.

Directed by David Yates, who was also behind "Order of the Phoenix," "Half-Blood Prince" is the most dialogue-heavy of the entire series. Yates and his screenwriting team slow down the pace considerably to uncover more of the emotional elements of everyone involved. However, there are still highly entertaining scenes comprised of impressive special effects and sprightly editing (you can't have a "Harry Potter" movie without a weather-beaten game of Quidditch). "Half-Blood Prince" is also the funniest of the bunch.

*(Continued on Page 7)*

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# SUMMERWOOD

## Movie Review - (Continued from Page 6)

While actual magic might be a secondary thought in Rowling's text, "Half-Blood Prince" is a notable addition to the narrative as a whole. It all leads up nicely to the final installment, "Harry Potter and the Deathly Hollows," which will be released in two parts in 2010 and 2011 respectively.



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## Recipe of the Month

### Orange Julius

#### Ingredients

- 1 6 oz. Can Concentrated Orange Juice
- 1 Cup milk
- 1 Cup Water
- 1/2 Cup sugar

#### Directions

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*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

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## Is Your Home an Internet Broadcaster? (It might be and you don't even know it)

Submitted by Laurie Scott

Laptop computers have made computing mobile and very convenient. Wireless routers in our homes have made it possible to use our computers anywhere in the home, and not just where the connection comes into your home.

If you have a wireless router at home, then you are using one of three possible levels of security, 1) none, 2) poor and 3) what you SHOULD be using. "None" is real simple, open the box, plug in the router, connect to the Internet. With this connection, ANYONE within range, meaning your neighbors, passersby and that annoying teen-age kid down the who likes to hang around your house in the evening can use your wireless network to access the internet or worse, access your computers at home. Also, any illegal activity over the Internet is going to be traced back to your home, not to the person or computer that may have done it.

I often tell the story of the time I moved to Austin from Sacramento 4 1/2 years ago over the Thanksgiving holiday. I stayed overnight with a friend in Flagstaff, Arizona at her parents' home. Lots of relatives were there and they all smoked (and smoked a lot). Even though it was 35 degrees outside, I went and sat in my car for an hour just to breath fresh air. While in my car I powered up my

laptop and discovered a completely unsecured network within range. I connected to it and took the opportunity to check my email and do some web surfing. Then the good Samaritan in me decided to do them a favor. I figured they hadn't changed the default password on their router, and sure enough I was right. I logged onto their router and took a screen shot of it. Since they were also using the default name for their computer network, I changed mine to match and could see that they had a computer turned on with one of their hard drives shared (no, I didn't peek at it.) I also saw that they had an Epson printer connected to it, so I downloaded the printer driver and installed it on my laptop, opened Microsoft Word and pasted the screen shot of their router into it. I also included instructions on how to keep prying eyes out of their network, thanked them that I was able to check my email, and then I PRINTED the document out on their printer. Keep in mind I have no idea which house I had connected to. I imagine if they were home that they were a little shocked to have their printer start all by itself and print a note from a complete stranger. Lucky for them I wasn't someone who wanted to copy their files, plant a virus or lock them out of their own network.

(Continued on Page 11)



## FREE BOOK OFFER

**"My Mom always told me to wear clean underwear in case I was in an accident. But now that I'm a parent, wearing clean underwear just isn't enough."** Alexis Martin Neely

California lawyer Alexis Martin Neely and Houston lawyer Sandra Ard, are Personal Family Lawyers®. They help families, especially those with young children, anticipate and prepare for the kinds of curves that life can throw at you. They get to know the family, then help put in place a unique comprehensive legal plan for that family, and finally help the family to maintain their plan through the ongoing **lawyer-family relationship** that is essential to making sure that the family's plan keeps up with changes in the family, its assets, and the law so it will work when the family needs it to.

They are on a mission to spread the word to America's families about the big, scary, gaping hole in most families' plans — if you're in an accident while your kids are not with you, your kids could wind up in the Child Protective Services system until the authorities figure out who has legal authority to take them. Part of that "spreading that word" is offering you a free copy of Alexis's best selling book, **Wear Clean Underwear!**

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## Is Your Home an Internet Broadcaster? - (Continued from Page 8)

The two levels of security that are usually displayed with a padlock symbol are WEP and WPA. WEP falls into the "poor" category of security. WEP will keep honest people out of your network, and will prevent someone from accidentally getting connected to your network, but WEP was "cracked" several years ago, and nowadays it only takes a laptop and 60 seconds to break into a network secured with WEP.

What you should be using is WPA (or WPA2) to provides a connection that (with a good password) can't be cracked in a comfortable lifetime. Log into your router (usually at <http://192.168.0.1> or <http://192.168.1.1>), go to the wireless security settings and set it for WPA. Then change your laptops and other wireless devices to match.

There are many different routers on the market, but there are a few standard rules to follow: Changing the security settings on your router should always be done with the computer attached to the router via a network cable - don't change it over a wireless connection. If you make a mistake, you won't be able to get back in to fix it. In the wireless security settings on your router, you will see WEP and SHOULD see WPA as options. If you don't see WPA as an option, your router is probably several years old. Go to the manufacturer's support page on their web site and look for updated "firmware" to

download. Download the firmware and update the router per the instructions provided by the manufacturer. If the latest firmware doesn't provide WPA encryption, then it's time for a trip to Best Buy or Fry's for a new router. ANY new router will provide WPA encryption. Next use a strong password. A strong password should be at least 12 characters long, feel free to make it a lot longer - the longer the better. Be sure to use upper and lower case letters, use numbers AND use special characters like # \* ( \ } [ @ ! & . Write it down and put it in a safe place. If it helps, use 2 or 3 non-related words or numbers that you know but no one is likely to guess. Something like maybe the city you got married in with the year of your first car and the name of your brother's daughter. It might look something like Dallas@1989!Samantha#.

Even people you know you won't guess this. Be creative and have fun, but **MAKE IT STRONG!**

Next month I'll talk about keeping your information secure when you're online both at home and away.



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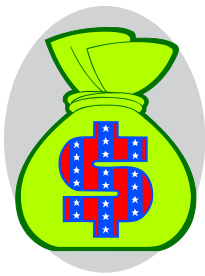


# SUMMERWOOD

## A Sensible Plan for College Funding

*Submitted by Rich Keith*

As a parent, you may feel a moral obligation to fund your children's education, but you don't want to sacrifice your current lifestyle or rob your future retirement in order to fund education costs. Well, to make funding both their education and your retirement a non-issue, you must consider how to:



- Maximize your cash flow so that you can invest funds in education and retirement accounts. This includes both reducing debt and lowering expenses.
- Utilize the numerous education tax incentives provided by the IRS to reduce taxes and produce so-called "tax scholarships" for your family.
- Qualify for merit and need-based financial aid offered by colleges

If you can maximize the benefits produced by the above strategies, you may not have to compromise your education and retirement goals. Historically, we see that college costs have risen at 2 to 3 times the inflation rate of the Consumer Price Index. And college really costs you more than you think because it is paid with after-tax dollars. Depending on which tax bracket you are in, the amount you must

earn to pay for college is a good deal more because you must first pay the IRS...before you pay the college.

How old will you be when your last child graduates from college? Assume that you are 45 years old and you plan to retire in 20 years and that a public college costs \$60,000 for 4 years. You take the money out of your retirement savings today. The money you give to a public college for four years will cost your retirement fund about \$280,000 at an 8% return. Elite colleges cost more, but there is a hidden benefit which we will get to later. And remember, these numbers are for just one child's college education.

Clearly this presents a funding dilemma shared by parents everywhere: how to fund college and retirement? Experts agree there are two methods to make this work:

The first method is by using your money through: (A) paying out of your current income, (B) paying with withdrawals from your savings accounts, or (C) borrowing. Most people use some combination of all three. The second method is to use money from others. This comes in the following forms: (A) financial aid, (B) by using special education tax strategies, (C) gifts from relatives, or (D) your child's resources (his/her income and assets). We will explore this topic in future columns, how to make a sensible, methodical plan for funding college expenses.



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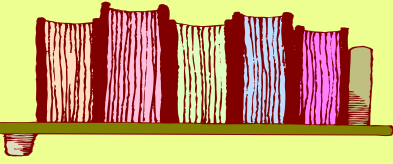
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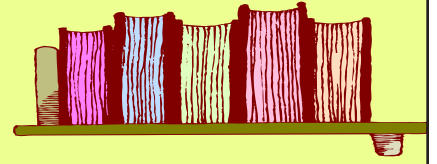
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## ***Britt's Book Buzz: It's Criminal!***



### THE ASSOCIATE BY JOHN GRISHAM

I am a positive person and I feel bad about putting negativity out there, especially in a book review. I must say, however, that *The Associate* by John Grisham was a terrible book. I hadn't read anything by Grisham since *The Firm* and *The Pelican Brief* while in high school. At the time, they seemed like somewhat smart novels. I came across *The Associate* at Half Price Books and thought "why not?" Boy, has time changed the author—and not for the better. My mom put it best, "he has a formula to his books." Meaning, he doesn't put much thought into the books other than to get them on the bookshelves as quickly as possible. Do lawyers even read these books or find them even mildly entertaining?

In the book, a hotshot law student has two great job offers and a bright future, but a blackmailing expert team has found a skeleton in his closet and exploits it to the fullest in order to obtain highly confidential information. Only in the last 50 or so

pages does the law student finally realize that he should just come clean and face the issue. Wouldn't a Yale law student know how to resolve the situation without having to work with the blackmailers? I have absolutely no law background, but I saw no evidence to even convict him!

Character development was poor and the book was loaded with cliché after cliché and stereotypes (i.e. the hot law student who dressed really great and showed off her perfect body to the enjoyment of her male colleagues). The ending was horribly lazy and unfinished.

Looking at the bright side, I hope this review saved you a worthless read.

Feel free to comment on this review or your thoughts on the book or suggest a book for me to review on my blog at <http://www.brittsbuzz.blogspot.com>.

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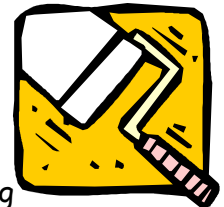
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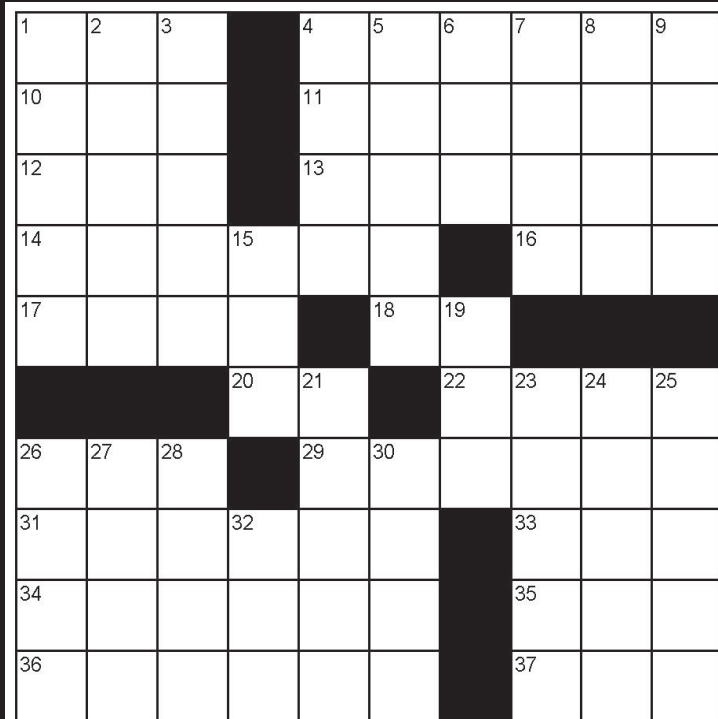
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# SUMMERWOOD

## Crossword Puzzle



### ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

### DOWN

1. Finds \_ -
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

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Under \$170,000	5	3	1	0	3	3
<b>TOTAL</b>	<b>9</b>	<b>12</b>	<b>10</b>	<b>15</b>	<b>12</b>	<b>17</b>
<b>New Construction</b>	<b>8</b>	<b>3</b>	<b>5</b>	<b>6</b>	<b>2</b>	<b>5</b>
<b>Resales</b>	<b>1</b>	<b>9</b>	<b>5</b>	<b>9</b>	<b>10</b>	<b>12</b>
<b>Avg \$/Sq Ft</b>	<b>60.42</b>	<b>76.40</b>	<b>80.46</b>	<b>78.32</b>	<b>78.81</b>	<b>76.60</b>
<b>Avg Days on Mkt</b>	<b>162</b>	<b>139</b>	<b>158</b>	<b>116</b>	<b>68</b>	<b>100</b>



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