

SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

Congratulations Winners! October 2010 Yard of the Month

Submitted by: Celine Wilson



**The Warren Family
of Sand Mountain Lane**



**The Bird Family
of Yaupon Holly**

The Beautification Committee would like to congratulate the November 2010 Summerwood Yard of the Month Winners!

**Sand Mountain Lane – The Warren Family
Yaupon Holly – The Bird Family**

Both yards were recognized for their Halloween decorations and beautiful landscaping.

Both Winners will have a “Yard of the Month” sign displayed in their yard for the month of November. Each winner will also receive a \$50 gift card to Lowe’s!

Summerwood is full of homeowners who take pride in their yards! Would you like to nominate one of them? Send us an email at summerwood.newsletter@gmail.com! *We look forward to hearing from you! The Summerwood Beautification Committee*

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Houston, Texas 77044
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 (Telephone, Cable, Alarm Monitoring)
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 CenterPoint..... 713-659-2111
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 16402 Boulder Field Lane; Houston, TX 77044

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Summerwood Elementary 281-641-3000

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 at www.PEELinc.com.

Decorating Contest Yard of the Month with a Fall or Thanksgiving Theme

Please nominate yourself or someone else by emailing the name and address (*with a current photo*) to summerwoodnewsletter@gmail.com

The winner will be announced in the December SummerwoodLife Newsletter and will receive a yard of the month sign in their yard along with a \$50 gift certificate. **Deadline for entries is Sunday, November 7th**

FYI: There will also be a Decorating Contest in December for the Yard of the Month with a Holiday or Christmas Theme and the deadline to nominate for that contest will be December 8th.



2010 Pool Schedule

Submitted by Celine Wilson

We hope you enjoyed the 2010 Pool Season! Both pools are closed for the remainder of the year.

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Refreshments will be available for purchase. Toy Drive Benefiting HAAM The Angel Tree will be available again this year the week before the event to benefit HAAM. Last year this incredible community helped almost 100 local children! Let make this year even

brighter.

Stop by the New Home Info Center or the Resident's Club Central to adopt your Angel. We will have a drop box available to bring your presents. If you would rather just bring a new unwrapped toy, all donations will be graciously accepted.

Check www.SummerwoodLife.com for the latest information about this wonderful event!

*Remember to bring your camera
 for photos with Santa!*



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YOUR FAVORITE SUMMERWOOD PHOTO

*Congratulations to this
Month's Winner!*



The Avila family moved to Summerwood a year ago and they enjoy living here. This photo of Jasmine was submitted to the newsletter by her mother, Esmeralda Avila. Jasmine wore her sweet 16 party dress for formal photographs in front of Lake Meredith, one of the beautiful sceneries of Summerwood.

NNO 2010

Was a Huge Success!

by Barbara Probandt

Hopefully you took the opportunity to meet and visit with your neighbors on Tuesday, October 5th at the very popular National Night Out Event in Summerwood! The Harris County Sheriff and a large number of the HCSO deputies were in attendance as well as the HPD officers that also patrol our neighborhood.

HCSO Deputy Richard King, our daytime contract officer who has been very popular with the Summerwood residents, will be missed when he retires at the end of this month. Harris County Sheriff Adrian Garcia spoke to the crowds and then Celine Wilson, vice president of the Summerwood Home Owners Association, and David Myrick, chairman of the crime watch committee, presented Deputy King with a large glass award as a memento of Summerwood's appreciation for service that he has rendered to the community.

National Night Out is celebrated all over Texas on the first Tuesday of October in the hopes that neighbors will come together for the common purpose of finding ways to keep neighborhoods safe. There are a lot of things that we can do to protect our property and our personal safety and work with neighbors to keep watch in neighborhoods. To find out how to participate in neighborhood watch come to the crime watch committee meetings held on the 2nd Tuesday of each month at the Summerwood Club Central at 7:00 PM.

There are many crime watch members and HOA members that worked hard to make the night a huge success along with our CIA management company represented by Laura Tate and Angela Douglas. David Myrick chaired the entertainment committee, was in charge of setting up for the event, purchased many of the gift cards, and as in years past he emceed the event. Charles Anderson chaired the activities committee and booked many of the vendors for the event. Laura Spears contacted Tony Klaus, the HEB manager who set up a tent where the HEB staff grilled burgers and hotdogs for a minimal fee. Betty Bland chaired the community services committee as she has in the past and was largely responsible for the opportunity to get flu shots, the Entouch booth, HPD mounted patrol, Sheriff's deputies and HPD, and the Water Wise booth (sponsored by all three

(Continued on Page 6)

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National Night Out - (Continued from Page 4)

MUDS) with materials on water conservation and free coloring books for the children. Roland Reyna and Jack Todaro did an excellent job of securing many of the dozens of donations that were given away throughout the evening, and Barbara Probandt and Ethyl Porter worked with student volunteers from Summer Creek High School. Faculty member and Summerwood resident, Lori Ford, sponsored 20 dynamic young SCHS student volunteers who filled many of the vital positions that made the event possible. Thanks also goes to Gerard Probandt and Missy Steadman who headed up the cleanup committee and worked with Republic Waste who provided the trash containers and trash bags.

The event was a huge undertaking and it is impossible to give credit to all who provided money, gifts, booths, and physical labor to make the night successful. About 800 people attended this year.



High School Students Volunteer at National Night Out

By Barbara Probandt

Summerwood residents applaud our Summer Creek High School students who not only receive an excellent education at their beautiful new school, but are taught leadership skills and encouraged to become involved in community activities. Last month over 20 high school students volunteered to help the Crime Watch Committee by working at the huge National Night Out event at Club Summerwood on Tuesday, October 5th. The positions that they filled were vital and our night was a huge success largely due to their involvement. Lori Ford, a Summerwood resident and a faculty member at SCHS, sponsored the volunteers that represented the Summer Creek High School ROTC, Teen Leadership, Key Club, and AVID. Summer Creek High School students...you make us proud!

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Inspiring Authors at Summerwood Elementary

By Gayle Hall, Summerwood, Elementary Writing Coach

Earlier this fall, fourth grade writing teachers attended an exciting workshop in Kemah. The workshop covered innovative and exciting new ways to teach students how to become proficient writers. Our goal is to create young authors who can communicate effectively by developing ideas, utilizing creative lexicon, and telescoping skills to focus on topics. We also plan to share our training with other teachers to facilitate the development of writing skills in the lower grades.

We are thrilled to teach our young authors these new skills!

Summerwood Photo Contest

Have you recently taken a great photo of your family enjoying the outdoors in Summerwood? Have you taken a photo of our amenities or perhaps landscaping that you enjoy? We'd love to see your favorite Summerwood photo!

Please email it to: summerwood.newsletter@gmail.com and include your name and address along with a short paragraph about why the photo is your favorite. The winner will have his/her photo in next month's newsletter!

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Theodore Shybut, M.D.



At Memorial Hermann Northeast Hospital, we're taking our established Orthopedic Surgery and Sports Medicine program to the next level with the addition of orthopedic surgeon Theodore Shybut, M.D. to our team.

SPECIALIZATION

Dr. Shybut specializes in orthopedic surgery and sports medicine. His areas of expertise include arthroscopic and reconstructive surgery of the knee, shoulder and elbow. He is a graduate of Harvard University who attended medical school at Columbia University College of Physicians and Surgeons in New York City. He completed his residency in orthopedic surgery at New York University Hospital for Joint Diseases, then completed a fellowship in sports medicine and arthroscopy at Baylor College of Medicine in Houston.

ATHLETICS AND SPORTS MEDICINE

Dr. Shybut has extensive experience in providing sports medicine team and event coverage for a variety of organizations including the Houston Texans, Houston Astros and Houston Rockets. He is the team physician for Humble ISD with responsibility for Atascocita High School, Humble High School and Summer Creek High School.

Dr. Shybut's interest in athletics and sports medicine also stems from his personal pursuits. He competed as a college athlete at Harvard, rowing for the freshman and varsity lightweight crews. Following his intercollegiate rowing career, he became an avid runner, having completed six marathons, including the Boston and New York marathons. Dr. Shybut remains professionally connected as a member of the American Orthopaedic Society for Sports Medicine, the American Academy of Orthopaedic Surgeons and the Arthroscopy Association of North America.

GOALS FOR HIS PATIENTS

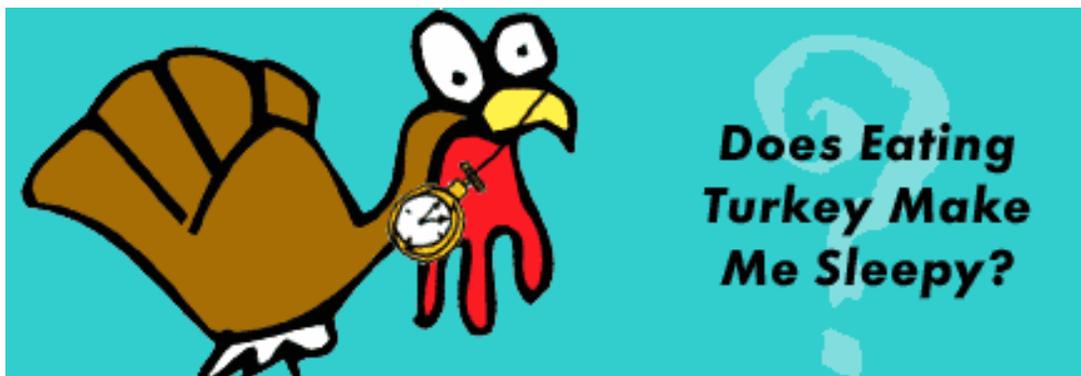
Dr. Shybut's goal is to provide his patients, whether they are professional, competitive or recreational athletes, the treatment they need to return to the activity level they desire in a safe, timely and effective manner. Each patient will receive a thorough sports medicine evaluation to determine their treatment plan. If necessary, Dr. Shybut will offer his patients cutting-edge, minimally invasive treatment strategies that will allow them a full return to their activities.

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You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

DATE REVIEWED: August 2009

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 or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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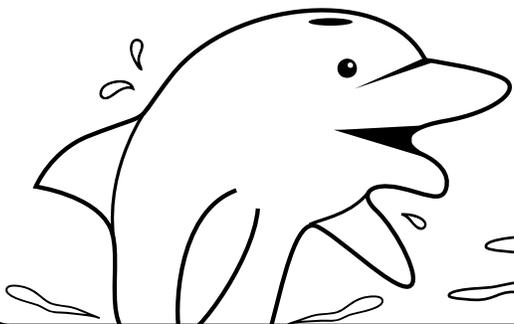
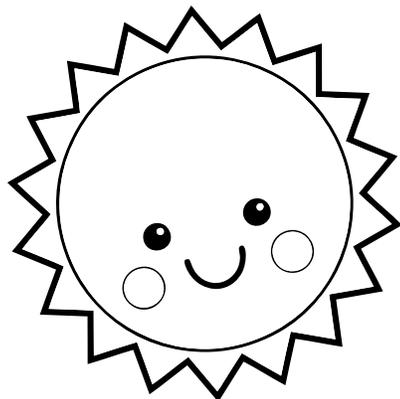
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