

# SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

## *Congratulations Winners!* Yard of the Month - Holiday Decorations Winners

*Submitted by: Celine Wilson (View Photos in Color Online at [www.peelinc.com](http://www.peelinc.com))*



**The Sherer/Sauceda Family  
of Lady Jane Court**

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

**Lady Jane Court- The Sherer/Sauceda Family  
Summer Knoll - The Beal Family**

Both yards were recognized for their outstanding Holiday decorations and beautiful landscaping for the month of December.



**The Beal Family  
of Summer Knoll**

Both Winners will have a "Yard of the Month" sign displayed in their yard for the month of January. Each winner will also receive a \$50 gift card to Lowe's! The Yard of the Month contest will resume again in April 2011.

*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](mailto:summerwood.newsletter@gmail.com)! We look forward to hearing from you! The Summerwood Beautification Committee*

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

Emergency Situations.....	911
Harris County Sheriff's Dept. (Dispatch) .....	713-221-6000
Constable - Precinct 3.....	281-427-4791
Houston Fire Station #105 .... 14014 W. Lake Houston Pkwy .....Houston, Texas 77044	
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

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Entouch Systems .....	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
AT&T.....	800-288-2020
CenterPoint.....	713-659-2111
Reliant Energy.....	713-207-7777
South West Water Company (MUD #342, #344, and #361)	
Customer Service .....	713-405-1750
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 .....	281-225-0025
16402 Boulder Field Lane; Houston, TX 77044	

### SCHOOLS

Summerwood Elementary .....	281-641-3000
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### POST OFFICE

Post Office.....	713-631-2098
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## NEWSLETTER INFO

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## BUSINESS CLASSIFIEDS

**LESS THAN A PENNY:** You can run a business classified in the Summerwood Life and reach all of Summerwood for only a penny per home. Call 512-263-9181 for details.

## Crime Watch Committee

### *Appreciates Volunteers*

*by Barbara Probandt*

Summerwood Crime Watch Committee chairman, David Myrick, hosted a very special appreciation breakfast at Manuel's Restaurant on December 18th for active block captains, active members, and for donors who have worked this year with the committee. They were appreciated for their continued service throughout 2010 as well as for their participation in making 2010 National Night Out a huge success.

The CWC organization focuses on communication with neighbors and reports criminal activity in our neighborhood in the effort to raise our level of concern and provide information which helps us all be more proactive in protecting our personal safety and preventing loss of our personal property. If you do not receive updates from a block captain on your street, then there probably isn't one. Please consider attending our meetings and volunteering to participate by being part of our communication system.

Come and join us at the Summerwood Crime Watch meeting on Tuesday January 11th at 7:00. We meet on the second Tuesday of each month at the Summerwood Central Clubhouse on Summerwood Lakes Drive.

## Did You Know

*that you can keep up to date with what is going on in the community and not even log in to the website?*

Did you miss out on events last year because you didn't have time to log into the website? Many of the residents I have talked to about events said that they didn't even know about them until the day of the event or after. I always ask them if they are registered on www.SummerwoodLife.com, and most will tell me yes, but they just don't have time or forgot to log on. Here is how you solve that!

If you are not already registered, log onto www.SummerwoodLife.com, and register for a user account, be sure to use an email address you check frequently.

If you are already registered, log on and change your profile to add an email address that you check frequently.

Do you notice the trend? Using an email address that you check frequently allows us to get you all the E-blasts about what is going on in the community. The E-blasts are short and chock full of information on any upcoming event or meeting. These E-blasts are not only about the upcoming events but also different committee meetings that you can get involved with to help keep our community the best it can be. There are lots of things to do in the community to suit every personality, whether you are looking for free family fun, or wanting to get involved in the community. We have something for everyone!

So be sure to get your email address added today!



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For complete budget protection, I recommend that all my clients include an Old Republic Home Protection Plan in their home transaction. Call me today for more information about how a home warranty can benefit you.

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

## Health & Safety

### Annual Home Safety Checklist

**T**he start of a new year is a great time for an annual home safety check. Below is a list of items that should be checked at least once a year to ensure that your home remains safe and working at peak efficiency:

- Ensure smoke alarms are present in all bedrooms and common living areas, and that the batteries are fresh.
- Check electrical sockets and outlets for safe operation (if you have small children, equip with safety covers).
- Check light fixtures and home appliances for fraying cords or exposed electrical wires.
- Make sure doors and windows lock properly, and that they are sufficiently insulated.
- Have your heating system inspected to ensure safe and proper operation.
- Have your chimney cleaned and inspected.
- Ensure that you have one or more functional carbon monoxide detectors installed in your home.



## Helpful Hints

### Creating Successful New Year's Resolutions

**A**lthough New Year's resolutions are made with the best of intentions, challenges and road blocks inevitably surface. Follow these tips when making your resolutions to increase your chance of success.

**Commit to Your Resolution:** Successful resolutions start with a strong commitment to make a change. You must believe that you can accomplish your goal, and really want to achieve it.

**Write It Down:** Putting your resolution into writing creates more commitment and drive. Keep it where you'll see it often – on your desk, on the fridge door, or in your daily planner.

**Track Your Progress:** Build excitement around little successes along the way to keep yourself motivated and pushing forward.

**Reward Yourself:** Even the most committed person needs a boost now and then. Build rewards into your plan, and make them special.



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## Your Favorite Summerwood Photo

*Congratulations to this Month's Winner!*



*Photo Submitted  
by Annette Estrella*

## 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](mailto: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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## Community Volunteer A Special Thanks

*Submitted by Celine Wilson*

I hope this month's edition of our newsletter finds everyone well! By the time this arrives to your home, the holidays will be over and it will be an exciting New Year in Summerwood!

I'd like to take this opportunity to thank my Communications Committee Co-Chair, Barbara Probandt, for her outstanding contributions to our community.

Barbara serves on the Communications, Beautification, Architectural Review, and Crime Watch Committees. She attends meetings regularly and is always available for innovative ideas and a helping hand.

She also leads the Summerwood Bunko and Summerwood Book Clubs.

It's people like Barbara who make Summerwood such a special place to live.

I'm proud to call you my friend, lucky to have you as a neighbor, and grateful for your volunteerism! Celine

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# 2010 Beautification Committee Project *COMPLETED!*

*Submitted by Celine Wilson*



In addition to implementing the Yard of the Month program this year, the Beautification Committee also began its first reforestation project in 2010.

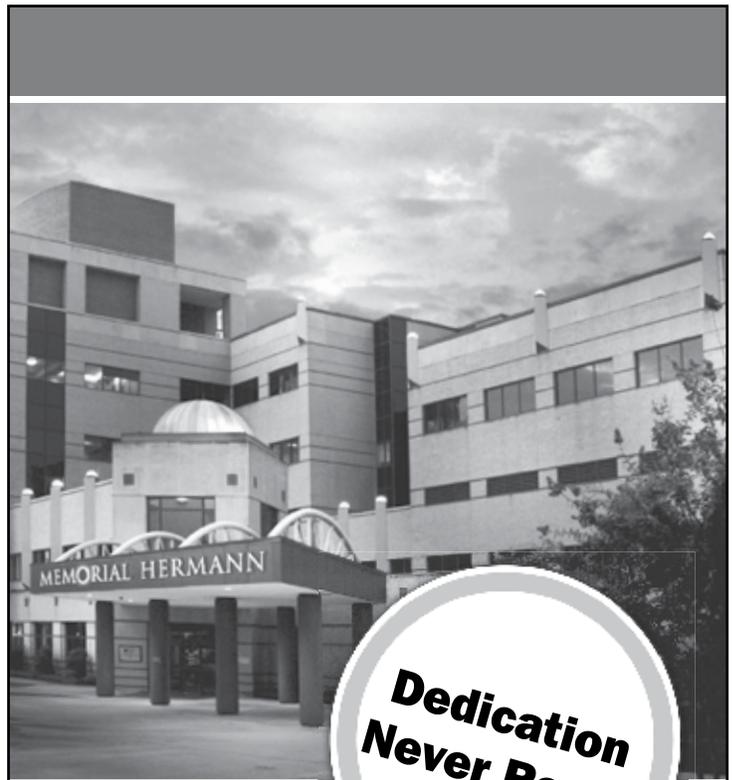
The goal was to purchase and install 270 trees in the common areas throughout Summerwood in an effort to replenish trees lost during Hurricane Ike.

CMC Construction provided the trees and the installation at a very low cost to Summerwood Community Association. Pictured in the photo is Chris Braughton, owner of CMC Construction and lead coordinator for this project. The photo was taken at Lake Anne on the first day of the installation in December.

The live oak trees were planted throughout the common areas of Summerwood, including the lakes at Summerwood Lakes, both Club Central and Club Summerwood, various parks and nature trails.

The Beautification Committee hopes that residents will enjoy these trees for years to come, and also hope to continue with the reforestation project over the next few years.

Thank you to CMC Construction for doing such a great job!



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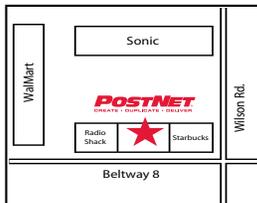
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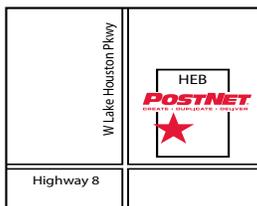
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## Physical Education *Teaching More Than Just Games*

"I hate running laps!" Has your child ever uttered these words? Running is just one of the many components of Physical Education at Summerwood Elementary. Summerwood Elementary is a CATCH school. This means that we have a Coordinated Approach to Child Health. The Physical Education Department along with Child Nutrition Services, classroom teachers and you as parents, educate children on the importance of good health. The childhood obesity rate has more than tripled in the last 30 years, according to the CDC. Good habits start early, so teaching students the importance of daily exercise and making healthy food choices should start early too.

### CHILDREN BENEFIT FROM DAILY PHYSICAL ACTIVITY IN MANY WAYS:

- They grow up having stronger muscles and bones and a thinner body because exercise helps the body use fat.
- They will lower their chances of having blood pressure and cholesterol problems.
- They decrease their risk of developing Type 2 diabetes.
- Exercise contributes to overall mind and body development.

Besides the health benefits, kids who participate in regular exercise are able to handle physical challenges like running and emotional challenges such as studying for a test much better than those who do not exercise regularly. (scumdoctor.com) According to studies done by activelivingresearch.org, more time in physical education class and other activity-based programs actually leads to improved grades and standardized test scores. Activity breaks throughout the day can improve cognitive performance and classroom behavior.

At Summerwood Elementary we offer a variety of opportunities for students to participate in physical activity. Students attend physical education class twice a week for 60 minutes. In class, students are participating in moderate to vigorous physical activity for more than 50% of class time. When children are involved in aerobic activity they learn endurance. The child's heart beats faster and they breathe



harder. When done regularly, it strengthens the muscles of the heart and improves the body's capability to deliver oxygen to all cells and tissue. Students are taught how to monitor their heart rate so that they are at their maximum physical capacity. Students may also participate in the Marathon Club, which allows students to exercise before school for an additional 25 minutes per day.

Throughout the school year, various special physical activity events are held at Summerwood Elementary for students. They are encouraged to invite family and friends to participate with them. Turkey Trot, Jingle Jog, Cardiac Caper, and Field Day are a few. Through the Physical Education Department, students and families may participate in some of the many 5K fun runs held around the city. They are also encouraged to participate in the many extracurricular physical activities that are available around the area, such as dance, karate, swimming, soccer, gymnastics, football, baseball, basketball, and the list goes on and on. Because physical activity declines as children age, our goal in the Physical Education Department is to introduce children to a variety of activities and sports in hopes that they will find something that they enjoy and want to do for the rest of their lives.

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**GOT FOOD?**

*Update from  
Lakeshore  
Elementary*

*By Cassie Pfeifer, Lakeshore  
Student Council Sponsor*

Lakeshore Elementary students have been busy collecting non-perishable food items for the Humble Area Assistance Ministries (HAAM). Lead by the Lakeshore Student Council, the Leopards collected 4,892 food items! In only our second year of collecting, we tripled our goal! Great Job Lakeshore Leopards!

*Pictured is the 2010 Lakeshore  
Student Council.*



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