

# SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

## Sand Mountain Court

SEPTEMBER 2011

### YARD OF THE MONTH

*Submitted by: Celine Wilson*

*The Beautification Committee would like to congratulate the September Summerwood Yard of the Month Winners!*

**THE DEARTH FAMILY OF SUMMER KNOLL & THE VISAYA FAMILY OF SAND MOUNTAIN COURT**

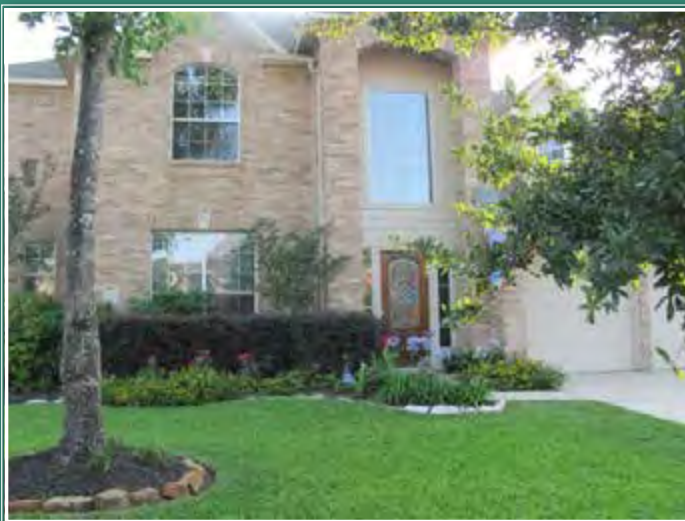
Both Winners will have a "Yard of the Month" sign displayed in their yard for the month of September. Each winner will also receive a \$50 gift card to Lowe's! Summerwood is full of homeowners who take pride in their yards! Would you like to nominate one of them? Send us an email at [summerwood.newsletter@gmail.com](mailto:summerwood.newsletter@gmail.com)!

**WE LOOK FORWARD TO HEARING FROM YOU!**

*The Summerwood  
Beautification Committee*



## Summer Knoll



## 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<br>.....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

|   |              |
|---|--------------|
| Public Utility Commission Consumer Hotline ..                                 | 888-782-8477 |
| 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)<br>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 |
|-----------------------------|--------------|

### POST OFFICE

|                                    |              |
|------------------------------------|--------------|
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### COMCAST

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|--------------------------------------|--------------|
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|--------------------------------------|--------------|

## NEWSLETTER INFO

### EDITOR

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### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Summerwood residents, limit 30 words, please e-mail [summerwoodnewsletter@gmail.com](mailto:summerwoodnewsletter@gmail.com)

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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**D**o you know the difference between a home warranty plan and homeowner's insurance? Home warranties are *service contracts* that cover the failure of home systems and appliances due to normal wear and usage. Homeowners insurance *indemnifies* the homeowner against *damage* or *liability* arising from some unknown or contingent event. Both offer valuable budget protection for the homeowner, and they can work in conjunction with one another. For example, if a water heater leaks and floods the home, the home warranty will replace the water heater, while homeowners insurance may cover the secondary water damage.

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.

**I** am dedicated to ensuring a home purchase is a smooth and positive experience for you, and for your family, friends, and acquaintances. Please tell them how much I will do for them!



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

## Health & Safety

### Cold or Allergy...which is it?

**Y**ou're stuffed up, you're sniffing—but do you have an allergy or is it a cold?

**Colds**, which are viruses, hit suddenly and usually leave in three to five days, although symptoms can linger longer. Additional signs can include mild fever, enlarged lymph nodes, muscle aches and coughing.

**Allergies** are an overreaction of your immune system. They come on slowly and linger as long as the allergen is around. Allergies are more characterized by sneezing and an itchy or runny nose.

Doctors generally recommend common treatments for both cold and allergy sufferers: eight hours of sleep, eight glasses of water daily, sinus rinses, humidifiers and warm chicken soup. All of these measures

can lessen the symptoms and help you bounce back sooner.

With colds, you may also want to take acetaminophen for mild fever and muscle pain, and rest for a week to 10 days: your immune system may be low, making you more vulnerable to infection.

For allergies, the best defense is a good offense—avoid what you are allergic to. If you can't, and over-the-counter allergy medications don't help, your doctor may want to prescribe stronger allergy medications or discuss allergy shots, which can decrease sensitivity to allergens over time for some people.

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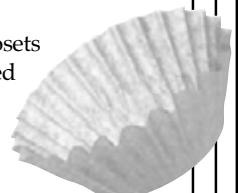


## Helpful Hints

### New Uses for Coffee Filters

**C**offee aficionados value coffee filters simply for what they're designed to do. But check out these practical and creative uses for this kitchen basic:

- Strain wine from a bottle with a broken cork. Place the filter over a pitcher or a carafe and slowly pour the wine through it.
- Serve popcorn or other snacks. The filters act as disposable bowls, so there's no dishwashing!
- Heat up leftovers in the microwave. Use a filter as an alternative to plastic wrap over a bowl or a plate.
- Prevent soil from draining out of flower pots. When repotting, place a filter over the drainage hole, then add the soil.
- Prevent scuffs and scratches on fine china. Use flattened basket coffee filters as spacers when you stack your dishes.
- Protect hands from ice pop drips. Slide the stick or handle of an ice pop through a coffee filter so your hands stay mess-free.
- Make sachets for closets and drawers. Place dried flowers and herbs in a coffee filter and tie with string or yarn.



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## Summerwood Crime Watch Committee Update

*By Barbara Probandt*

We are fortunate to live in one of the most beautiful and safe subdivisions in Houston, and yet at monthly CWC meetings we make a point to regularly discuss ways to raise our residents' level of concern. We are very fortunate to have three HCSO contract deputies working hard to keep us safe, but we do know that there are those that can and do come into our neighborhood because they want what we have, and you can help!

Our contract deputies ask us to keep our eyes and ears open to suspicious activities and if you observe something that doesn't look right, to report it to the HCSO dispatcher so that they can investigate. We ask neighbors to watch out for one another and if you observe a person in your neighborhood or an automobile that looks suspicious and out of place to you ...pay attention, watch, get a description, get a license number if possible, and then call the Harris County Sheriff Dispatcher and make a report if you become concerned.

Summerwood Crime Watch Committee members meet monthly to discuss neighborhood concerns and ways to protect our personal property and our personal selves. Our HCSO contract deputies regularly attend the meetings also. Hopefully we do not become complacent!

1. We all know that solicitors are strongly discouraged in Summerwood, but unfortunately we constantly have to deal with them. "No Soliciting" signs are posted throughout the subdivision and many have purchased small no soliciting signs from the local hardware store to place beneath our door bell. We ask that you never purchase

from an adult door to door solicitor even if they tell you they are your neighbor from the next street, as this is a common ruse. If a solicitor rings your doorbell, go to the door in order to let them know that someone is at home, but NEVER OPEN YOUR DOOR TO A SOLICITOR. If you can talk to them through a glass front door or a window, tell them that soliciting is not allowed in the subdivision, ask them to leave your property, get a description of them and what they are wearing and the automobile they are driving if possible, and call the HCSO non-emergency number. Keep the number handy: It is 713-221-6000 and then press option one. You might report the solicitor as a "suspicious person" because they obviously have no business in this neighborhood, tell the dispatcher that you live in Summerwood and ask them to relay the information to the contract deputy on duty.

2. NEVER leave anything of value in your vehicle, even if your car is in your own driveway. BMVs (Burglary of Motor Vehicles) are becoming more and more common in parking lots and in neighborhoods in the entire area. When shopping, be very careful when walking through a parking lot, keep your eyes open, and ladies please guard your purse. We strongly advise that you leave your purse at home while shopping whenever possible (but definitely do not leave a purse in your car.)

3. Many residents have purchased driveway monitors so that if a person is in your driveway prowling around during the night, an alarm will go off inside your home and alert you... and then you can call the HCSO

non-emergency number and report them. Of course, you are strongly advised to stay inside your home and not pursue them. The driveway monitors are quite inexpensive (some are less than \$20) and you can contact CWC chairman, David Myrick for more information on where to purchase them. Dmyrick1967@gmail.com

4. Make sure your home security alarm system is monitored, and use it faithfully when you leave your home and while you sleep at night. Several residents who did not have external alarms have had their monitoring service come out and install an outside siren and strobe light that also goes off when the security alarm is set off. When the siren goes off it is quite LOUD and hopefully would cause someone breaking in to leave immediately!

5. If you are going on vacation you can call HCSO Vacation Watch at 281-446-9155 and our contract deputies will stop by and check on your home daily. Be sure to either stop delivery of your mail and your newspaper, or have a neighbor pick them up for you while you are away. The Summerwood Crime Watch Committee meets on the 2nd Tuesday of each month at 7:00 PM in the central clubhouse...except for the month of October.

The Crime Watch Committee is hosting National Night Out on Tuesday, October 4th from 6:00- 8:00 PM. It is a family event and currently is the largest community event held in Summerwood. It is an evening of fun, food, prizes, activities, and information for all ages. We expect another very large turn out!



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Sat – Sun..... 10:00am – 9:00pm

**POOL CLOSED OCTOBER 2011  
THROUGH APRIL 2012**

## CENTRAL POOL

OPEN 4:30AM – 9:00PM, NO ONE ALLOWED IN POOL  
OR POOL AREA BETWEEN 9:00PM – 4:30AM

Aug 22 – Sept 25, 2011 Swim Schedule:

Tues – Sun ..... 4:30am – 10:00am adult lap swim only

Tues – Fri ..... 10:00am – 9:00pm swim at your own risk

Sat – Sun..... 10:00am – 9:00pm swim with lifeguards

### Events:

Sept 5.....Open Labor Day  
10:00am – 9:00pm swim w/ lifeguards

### Pool Closed for Cleaning:

All Mondays  
Tuesday, Sept 6

Sept 26 – Oct 31, 2011 Swim Schedule:

Tues – Sun ..... 4:30am – 10:00am adult lap swim only

Tues – Sun ..... 10:00am – 9:00pm swim at your own risk

**POOL CLOSED NOVEMBER 2011  
THROUGH FEBRUARY 2012**

## GARAGE SALE

**SATURDAY OCTOBER 1ST  
8AM - 12PM**

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## SUMMERWOOD'S LARGEST FAMILY EVENT NATIONAL NIGHT OUT TUESDAY, OCTOBER 4TH - *by Barbara Probandt*

The Summerwood Crime Watch Committee will be hosting the 2011 National Night Out (NNO) event for the Summerwood Community on October 4th from 6:00 –8:00 PM. It will be held at Club Summerwood on Hunter's Lake Way. NNO is a family oriented event aimed at building neighborhood awareness and crime prevention. This will be a night of food, fun, prizes and music. The event is scheduled for Tuesday, October 4, 2011 from 6:00pm – 8:00pm.

The committee's vision of a crime free community is their focus in hosting a community-wide event which includes over 2000 homes in Summerwood. This annual event has continued to grow, and last year National Night Out drew more than 800 Summerwood residents. Come and join in the fun and help make the evening an even greater success this year. Members of the crime watch committee are committed to the safety and security of our community and strive to maintain its spirit and pride.

The National Night Out event will include many entertaining activities for children, a live DJ, representatives from the Harris County Sheriff's office, food booths, popcorn, snow cones, various exhibits and entertainment for all ages, many wonderful door prizes, and much more.

Please feel free to contact David Myrick at [dmyrick1967@gmail.com](mailto:dmyrick1967@gmail.com) or Barbara Probandt at [protexan@entouch.net](mailto:protexan@entouch.net) for more information.



Thank you to everyone who participated in our Fall Garage Sale opinion poll! We had more participation than we have ever had; let's keep the feedback coming in. Log onto [www.SummerwoodLife.com](http://www.SummerwoodLife.com) for the latest opinion poll.



This month's poll will cover the possibility of adding a 'Craft Fair' allowing local, home-based and community businesses an opportunity to connect with our residents. Log on and let us know what you think. Your opinion does count!

# THUNDER VOLLEYBALL - TEXAS

@ The Gym, 2325 Atascocita Rd. Humble, TX (across from Lindsey Lyons Park)

## TTVC 2011-12 USAV SEASON TRYOUTS

**Saturday, September 17, 2011**

Ages 13 & Under: 10:00-12:00 pm

Ages 14(Grade 8): 12:15-2:15 pm

Ages 15 & 16: 2:30-4:30 pm

Ages 17 & 18: 4:45-6:45 pm

(Age as of September 1, 2012)

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Director's Cell: 281-639-0239 [clubdirector@ttvc.net](mailto:clubdirector@ttvc.net)

## Summerwood Soars in Midyear Sales Report

A midyear report from Metrostudy holds good news for Houston's real estate market, with overall new-home sales up by 8% in 15 of the city's largest master-planned communities. The news was even better for Summerwood and other Houston developments being created by Newland Communities. Houston-based Metrostudy, a national housing research firm, reported cumulative net sales of 2,473 new homes in the 15 communities for the first half of 2011, compared to 2,290 net sales in the same period last year.

Summerwood had a 59% increase in net sales for the first half of the year - the second highest increase in the report and the biggest gain in the Northeast Houston submarket. Summerwood had 108 net sales for the first half of this year, compared to 68 for 2010. Summerwood's traffic - the number of home shoppers visiting model homes - was up by 34%, the result of popular spring promotions touting the completion of the Sam Houston Tollway and the grand opening of new models. Forbes has ranked Houston No. 5 on its list of "The Next Biggest Boom Towns in the United States." Researchers used factors such as job growth and growth in educated migration to predict which cities are best positioned to prosper in the coming decade.



## American Alligators

Saved from the brink of extinction, the American alligator now thrives in its native habitat: the swamps and wetlands of the southeastern United States.

The American alligator is a rare success story of an endangered animal not only saved from extinction but now thriving. State and federal protections, habitat preservation efforts, and reduced demand for alligator products have improved the species' wild population to more than one million and growing today.

One look at these menacing predators—with their armored, lizard-like bodies, muscular tails, and powerful jaws—and it is obvious they are envoys from the distant past. The species, scientists say, is more than 150 million years old, managing to avoid extinction 65 million years ago when their prehistoric contemporaries, the dinosaurs, died off.

American alligators reside nearly exclusively in the freshwater rivers, lakes, swamps, and marshes of the southeastern United States, primarily Florida and Louisiana although on rare occasions they have been spotted in the lakes and lowlands of Summerwood. Heavy and ungainly out of water, these reptiles are supremely well adapted swimmers. Males average 10 to 15 feet (3 to 4.6 meters) in length and can weigh 1,000 pounds (453 kg). Females grow to a maximum of about 9.8 feet (3 meters.) Hatchlings are 6 to 8 inches (15 to 20 centimeters) long with yellow and black stripes. Juveniles, which are on the menu for dozens of predators, including birds, raccoons, bobcats, and even other alligators, usually stay with their mothers for about two years.

Adult alligators are apex predators critical to the biodiversity of their habitat. They feed mainly on fish, turtles, snakes, and small mammals. However, they are opportunists, and a hungry gator will eat just about anything, including carrion, pets and, in rare instances, humans.





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## There's A New Gang In Town...

**SUMMERWOOD GIRL SCOUT DAISY TROOP 9661  
FOR GIRLS GRADES K-1**

Please Join Us for the First Step in a Lifetime Adventure! The Summerwood Girl Scout Daisy Troop will be for girls in grades K-1 that are enrolled at Summerwood Elementary and Lakeshore Elementary or Fall Creek or Eagle Springs Elementary. We will meet at the Summerwood Clubhouse beginning October 6th and will meet twice a month from 6-7 pm. The troop will offer a nurturing and inclusive environment. The Daisies will go on trips, learn about nature and science, and explore the arts and their communities.



**For more information please contact Troop Co-Leaders:**  
**Crystal Doherty at [cddboss@yahoo.com](mailto:cddboss@yahoo.com) or 713-202-9981 or**  
**Beth Fusco-Staggs at [bstaggs33@yahoo.com](mailto:bstaggs33@yahoo.com) or 281-458-0899**

## SUDOKU

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

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View answers online

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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### COLIN'S HOPE

*Increasing water safety awareness and standards*



**More than 68 children have drowned  
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## JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



### September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit [www.westlakemedical.com](http://www.westlakemedical.com) for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!

### September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit [www.ourgift.org](http://www.ourgift.org) to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>



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



## ADOPTION COALITION

Omar is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Omar does well academically and is a very polite young man. Omar, who turns ten in November, needs an active and involved family who can provide him with consistent expectations, boundaries and structure. An abundance of support and patience will help Omar achieve success in his promising young life.

To find out more about Omar, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org). Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825, email [info@adopttexas.org](mailto:info@adopttexas.org) and visit our website at <http://www.adoptioncoalitiontx.org>

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## DEED RESTRICTION ENFORCEMENT

Buying a house, in many cases, is the largest investment most of us make. We try to select the site carefully and ensure the wholesome atmosphere in which we will raise our children, provide pleasant living conditions for the family, and protect our investment.

It is important to have good deed restrictions which ensure these conditions and that they be adhered to. The Summerwood Community Association carries out this responsibility through its Board of Directors and active response from each member.

To accomplish this, the Association follows a deed restriction enforcement policy which has been detailed below. In most cases, one friendly letter is all that is necessary because most of the property owners carry deep commitments to the community and their neighbors and want to keep Summerwood an attractive community.

### DEED RESTRICTION POLICY

Inspections of the community are done to uncover new violations, to check the status of existing violations and to verify complaints that have been received since the last inspection. The inspections will be performed from a vehicle on the community roadways. All deed restriction letters are mailed by the end of the week of the audit. Each violation is reviewed by the Community Manager and decisions are made on a case-by-case basis on the appropriate letter to issue and the deadline for requested action. Following are descriptions of the various letters used.

#### 1ST LETTER

- This is the first letter mailed on most violations.
- It is sent by regular 1st class mail to the property owner, tenant or both depending on the violation.
- It states the problem, requested solution and deadline for action.
- Deadlines vary depending on violation – landscape maintenance, trash and signage are typically 10 days, minor repairs are typically 21 days, and major repairs are 45 days.
- 1st letters are typically mailed after the 1st observation for landscape maintenance

issues in growing season, unapproved modifications and after verification of complaints. They are mailed after two consecutive observations on most other violations.

- On future observations, a 1st letter may be resent on “minor” or recurring violations rather than sending a 2nd letter by certified mail.
- For requested action that may change the exterior appearance of the home (e.g. painting, reroofing), a Home Improvement Request Form is included with the letter.

#### 2ND LETTER

- This is typically the second letter mailed on most violations.
- It is sent by certified mail to the property owner.
- It states the problem, requested solution and deadline for action.
- This letter contains language required by the Texas Property Code regarding the owners’ right to a hearing in front of the Board.
- The deadlines on 2nd letters are usually 30 days because of the Texas Property Code give owners 30 days to request a hearing in front of the Board. Generally, no further enforcement action should be taken in that period.
- 2nd letters are mailed after the 1st observation following the expiration of a 1st letter deadline.

#### LAST CHANCE LETTER

- This is typically the third letter mailed on most violations.
- It is sent by regular 1st class mail to the property owner.
- It states the problem, requested solution and deadline for action. The letter states that this violation will be turned over to the Association’s attorney if not corrected by the deadline.
- Deadlines vary depending on violation – landscape maintenance, trash, signage and minor repairs are typically 10 days, major repairs are up to 21 days.
- Last chance letters are only mailed after the Board approves turning this violation over

to an attorney if it is not corrected by the deadline. Board members or authorized committee members would have viewed this violation in advance.

#### MOW (MAINTENANCE ORDER FOR WORK) LETTER

- This letter provides notice to the owner that a contractor will be sent to the property to correct the violation if the owner does not take care of the problem by the deadline. This is typically used for landscape maintenance violations but can also be used for any other maintenance violations where the Association has the authority to do forced maintenance.
- It is sent by regular 1st class mail and by certified mail to the property owner.
- It states the problem, requested solution and deadline for action.
- The deadline is that provided under the governing documents or the Texas Property Code.
- Mow letters are mailed when a violation reaches the criteria established by the Board for using this letter.

#### ACC LETTER

- This letter is used for minor unapproved modifications in progress (e.g. repainting in an approved color).
- It is sent by regular 1st class mail to the property owner and tenant, if different.
- It describes the observed modification and asks that all work be stopped and a Modification Request be submitted for ACC review. The deadline to submit the required plans is typically set at 14 days.
- ACC letters are mailed after the 1st observation.
- A Home Improvement Request Form is included with the letter.

#### CEASE & DESIST LETTER

- This letter is used for major unapproved modifications in progress (e.g. room addition).
- It is hand delivered to the property or posted on the front door and also sent by certified and first class mail to the owner and property address.

*(Continued on Page 14)*



## Memorial Hermann Northeast Hospital Takes Orthopedic Surgery to the Next Level

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Dr. Woody is fellowship-trained in shoulder and elbow surgery and has extensive experience in joint replacement and complex reconstruction in both upper and lower extremities.

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## Deed Restriction Enforcement - (Continued from Page 12)

- It describes the observed modification and asks that all work be stopped and a Modification Request be submitted for ACC review. The deadline is typically set at 1-day to stop work and 10-days to submit required plans.
- Cease & desist letters are delivered and mailed immediately upon verification of the modification.
- A Home Improvement Request Form is included with the letter.

### THANKYOU LETTER

- This is sometimes sent after a violation has been corrected to provide feedback to the owner and/or tenant.
- It is sent by regular 1st class mail to the property owner and/or tenant depending on who received the prior letters.

### LAWN CARE POSTCARD

- This is a friendly, pre-printed postcard mailed within one day of the inspection for lawn care violations.
- It is sent by regular 1st class mail to the "Resident" of the property.
- It is used during the rapid growing season (April-September) as a quick response alternative to the standard 1st letter.

## U.S. Congressman Ted Poe Speaks to Residents

By Barbara Probandt

A special event featuring United States Congressman Ted Poe was hosted by the Summer Creek Community and Business Association and held on Monday, August 8th at Summer Creek High School. The high school principal, Trey Kraemer, greeted area residents as they entered the school. Residents as well as business persons that live and/or work in the attendance area of the high school were invited.

*Pictured are just a few of the many Summerwood residents that were in attendance.*



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## *Recipe of the Month* **TORTILLA SOUP**

Combine oleo and flour. Brown. Add broth, tomatoets, chilies, chicken, chili powderr, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

*Enjoy!*

## *Ingredients*

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese

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## HEALTH BRIEFS - SEPTEMBER

### EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.
- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

#### **BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM**

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

#### **STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD**

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

#### **TEENS BENEFIT BY MAKING TIME FOR BREAKFAST**

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.



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## Immunizations: Not Just for Kids

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

### VACCINE

|   |  |
|---|--|
| <b>Influenza</b> .....  | Yearly, especially if at risk  |
| <b>Meningococcal</b> .....                                      | One dose, age 11-12 or 13-18 if not previously immunized                   |
| <b>Tetanus-Diphtheria/Tetanus ...<br/>-Diphtheria-Pertussis</b> | One dose, age 11-12, then booster every 10 years                           |
| <b>Human Papilloma Virus</b> .....                              | Three doses, age 11-26 (females only)                                      |
| <b>Measles - Mumps - Rubella</b> .....                          | ..... If born after 1956, one or two doses if never immunized up to age 65 |
| <b>Pneumococcal</b> .....                                       | One dose, at or after age 65   |
| <b>Varicella (chicken pox)</b>                                  | Two doses if no prior infection or immunization received                   |
| <b>Zoster (shingles)</b> .....                                  | One dose, at or after age 60   |

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>. For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

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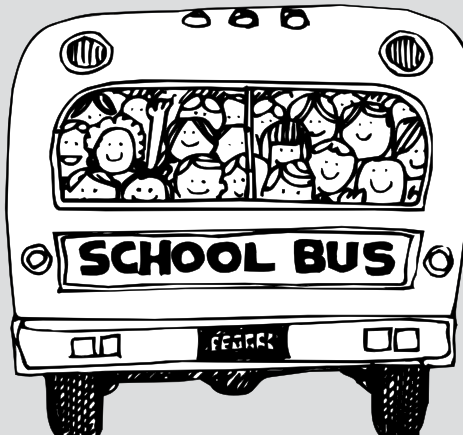
## BACK TO SCHOOL

Now that the kids are back in school, it's time for drivers to pay closer attention to the school zones in Steiner Ranch. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is illegal!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.



## TIME TO SLOW DOWN!

## Send Us Your EVENT PICTURES!!

Do you have a picture of an event that you would like to run in the Summerwood Life? Send it to us and we will publish it in the next issue. Email the picture to [summerwoodnewsletter@gmail.com](mailto:summerwoodnewsletter@gmail.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com). *\*Subject to Approval by Newsletter Committee.*



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