

# SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

*The Summerwood  
Beautification Committee  
announces the*

## **Summerwood Yards of the Month**



**The Graham Family of Sand Mountain**



**The Luke Family of Winding Manor**

## **Autumn Decorating Contest**

Winners to be announced in the November Summerwoodlife Newsletter. Please send your questions and/or your nomination with a jpeg picture to [summerwoodnewsletter@gmail.com](mailto:summerwoodnewsletter@gmail.com).

*Deadline for nominations  
is Saturday, October 8th*

## IMPORTANT NUMBERS

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 Animal Control..... 281-999-3191  
 After Hours..... 281-221-5000

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 Customer Service..... 713-405-1750  
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### SUMMERWOOD MARKETING

Summerwood New Home Center ..... 281-225-0025  
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### SCHOOLS

Summerwood Elementary ..... 281-641-3000

### POST OFFICE

Post Office..... 713-631-2098  
 9604 Mesa Drive; Houston, TX 77078

### COMCAST

Cable/Internet/Phone...COMCAST ..... 713-341-1000

## NEWSLETTER INFO

### EDITOR

Article Submissions.....summerwoodnewsletter@gmail.com

### PUBLISHER

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**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 @ 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## Recipe of the Month

### Neiman-Marcus Cookies

(RECIPE MAY BE HALVED.)

### Ingredients

2 cups butter	2 tsp. baking soda
5 cups blended oatmeal**	2 tsp. vanilla
2 cups brown sugar	2 tsp. baking powder
4 cups flour	1- 8 oz. Hershey bar (grated)
2 cups sugar	24 oz. chocolate chips
1 tsp. salt	3 cups chopped nuts
4 eggs	(your choice)

Measure oatmeal and blend in blender to a fine powder. Preheat oven to 375°. Cream butter and sugars. Add eggs and vanilla. Gradually add oatmeal, flour, salt, baking soda, and baking powder. Stir in Hershey bar, chocolate chips, and nuts. Roll into balls and place two" apart on an ungreased cookie sheet. Bake for 10-12 minutes. Makes 112 cookies.

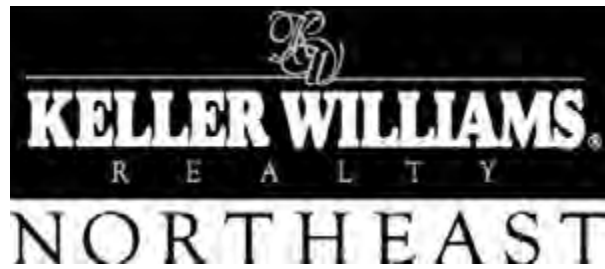
### FOR MARFA LIGHT COOKIES:

In place of the 24 oz. chocolate chips and the Hershey bar, replace with 32 oz. of a combination of vanilla chips, semi-sweet chocolate chips, and milk chocolate chips.

*Enjoy!*



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## **TAXES – New Homestead Exemptions**

Effective September 1, 2011: To qualify for a residential homestead exemption you must provide HCAD with a copy of either your TX driver's license or TX ID Card. The address on your driver's license or ID card must match the physical address of the residence for which you are applying. This means that if you purchased a home in 2011, the form you have to claim the property as a homestead is incorrect.

Tracy Montgomery will be sending her clients instructions and new forms so that they can receive the tax benefits that can be yours. If you are not a client of Tracy Montgomery and you purchased a home in 2011 we would still love to help and can ensure you receive the correct forms. Please contact us at [tracy@tracysoldit.com](mailto:tracy@tracysoldit.com)

October brings beautiful weather, time outdoors with friends & family, and the Holidays. It can also be an opportunity for predators to take advantage of unsuspecting individuals, especially around Halloween. Check out my tips to safely navigate Halloween:

Go online to find sex offenders that may live in your neighborhood.

If you let your kids go trick or treating without you, know the route they are taking & have them check in with you every hour. The best option is to have at least one adult with them.

Kids will be kids. Make sure your children know the difference between tricks & vandalism.

Serve your kids a filling meal before sending them out for candy. If they're full, they may be less likely to eat candy before allowing you to check it out to be sure it's safe.

Be sure your kids know how to cross the street safely. Take the time to explain why.

Talk to your kids about never getting into strangers cars. No matter what they offer.

**\*\*Please join us at our Keller Williams Sponsored Monthly concert on Friday, October 21 from 7:00 pm-10:00 pm at the Kings Harbor. This event recurs on the Third Friday of each Month**

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## Helping Your Child Adjust to Change

*Submitted by Lisa Bender,  
Summerwood Elementary School Counselor*

One of the most important skills you can help your child develop is the ability to deal with change. Most children like routine. Adjusting to a new school, new child care, new friends, or change in family can be difficult. All children, like adults, react differently to change. One child may adapt quickly whereas another child may be affected for months. During times of change your child may be clingy, moody, angry, and afraid.

The beginning of a school year can be a very trying experience for your child, especially if your child is attending a new school. Although some children may not voice how they feel, they may be feeling apprehensive about the situation. Meeting new friends, new teachers, learning new schedules, and even missing old friends can be overwhelming for a student. Symptoms of anxiety can be:

- Fears about the safety of parents and caretakers
- Refusing to go to school
- Extreme worries about sleeping away from home
- Trouble sleeping
- Panic or tantrums

There are a few things you can do to help your child adjust to change. Being available to listen to your child explain his/her feelings about school. Allowing your child to feel angry, sad, and confused during this time of change . . . and, responding empathetically. Never dismiss your child's feelings, no matter how you feel; these feelings are real for your child. Also, keeping a positive attitude about the change will set the tone for the overall household environment. Inform the school counselor of your child's adjustment concerns if the anxiety continues for several weeks.

Remember, change will occur throughout your child's life. You can help your child develop the skill to handle change by understanding your child's needs and by offering encouragement and support. Every child is different and adjusts to change in his or her own way. Be patient and understanding and soon your child will find a way to succeed in the new school year.



## Crime Watch Tips of the Month: What A BURGLAR Doesn't Want You to Know!

*Submitted by Barbara Probandt*

- 1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
- 2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
- 3. Love those flowers. That tells me you have taste... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
- 4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it..
- 5. A loud TV or radio can be a better deterrent than the best alarm system.
- 6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
- 7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom - and your jewelry. It's not a bad idea to put motion detectors up there too.
- 8. It's raining, you're fumbling with your umbrella, and you forget to lock your door - understandable. But understand this: I don't take a day off because of bad weather.
- 9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Do NOT open the door or buy any product or service from me, EVER!)
- 10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
- 11. Here's a helpful hint: I almost never go into kids' rooms.
- 12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.

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## STRIKE UP THE BAND

*Submitted by Barbara Probandt*

The Summer Creek High School Bulldog Band recently hosted their first annual March-A-Thon entertaining residents as they paraded throughout the Summerwood community on Saturday, Sept. 2. The parade began at Woodcreek Middle School at 9 a.m. and ended at the HEB parking lot.

Donations were accepted along the parade route and for a minimum donation of \$50 the entire band stopped to provide a small personal concert for individual houses or cul-de-sacs along the marching route. All donations went to the SCHS Band Booster Organization.

It was truly enjoyable for residents to hear and feel the power of the band "up close and personal" as they paraded our community streets.





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## NATIONAL NIGHT OUT

**TUESDAY, OCTOBER 4TH FROM 6:00- 8:00  
CLUB SUMMERWOOD ON HUNTER'S LAKE WAY**

This annual community-wide event is sponsored by the Summerwood Crime Watch Committee. Come on out, meet your neighbors, and enjoy the fun! Many activities such as jump houses, face painting, a trackless train, a ferris wheel, snow cones, popcorn, as well as crafts and prizes for the kids will be absolutely free of charge. In addition, there will be multiple drawings with excellent prizes throughout the evening! There will be dignitaries present, representatives from HPD and HCSO, our Summerwood Contract Deputies will be in attendance, a lighted motorcycle group, emergency vehicles to view, HPD Mounted Horses, a D.J. providing music for the evening, and much, much more! You will also find drinks and food for purchase at reasonable prices so come on out and enjoy yourself and meet your neighbors, and skip cooking for the night!

NNO is currently the largest community activity held each year in Summerwood with prizes, activities, and entertainment for the entire family. As the day draws closer, you will be receiving a postcard advertising NNO. **DON'T THROW THIS AWAY, BUT DO BRING IT WITH YOU** on Oct. 4TH, as it will get you an additional entry for our drawings for the night.

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## Armadillo Dasypodidae

An armadillo roots around the forest floor in search of food. Armadillos have poor eyesight but a keen sense of smell and long claws for digging. Of the 20 varieties of armadillo, all but one live in Latin America. The familiar nine-banded armadillo is the only species that includes the United States in its range. Armadillo is a Spanish word meaning "little armored one" and refers to the bony plates that cover the back, head, legs, and tail of most of these odd looking creatures. Armadillos are the only living mammals that wear such shells.

Closely related to anteaters and sloths, armadillos generally have a pointy or shovel-shaped snout and small eyes. They vary widely in size and color, from the 6-inch-long (15-centimeter-long), salmon-colored pink fairy armadillo to the 5-foot-long (1.5-meter-long), dark-brown giant armadillos. Others have black, red, gray, or yellowish coloring.

Contrary to popular belief, not all armadillos are able to encase themselves in their shells. In fact, only the three-banded armadillo can, curling its head and back feet and contorting its shell into a hard ball that confounds would-be predators. Armadillos live in temperate and warm habitats, including rain forests, grasslands, and semi-deserts. Because of their low metabolic rate and lack of fat stores, cold is their enemy and spates of intemperate weather can wipe out whole populations.

Most species dig burrows and sleep prolifically, up to 16 hours per day, foraging



in the early morning and evening for beetles, ants, termites, and other insects. They have very poor eyesight, and utilize their keen sense of smell to hunt. Strong legs and huge front claws are used for digging, and long, sticky tongues for extracting ants and termites from their tunnels. In addition to bugs, armadillos eat small vertebrates, plants, and some fruit, as well as the occasional carrion meal.

Population numbers of nearly all species are threatened by habitat loss and over-hunting. Many cultures in the Americas consume armadillo flesh, which is said to resemble pork in its flavor and texture.

Currently, only the nine-band population is expanding, and some species, including the pink fairy, are threatened.

**Source:** <http://animals.nationalgeographic.com/animals/mammals/armadillo/?source=A-to-Z>

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## Memorial Hermann to launch first-of-its-kind Convenient Care Center in Lake Houston Area

**NEW INTEGRATED-CARE MODEL WILL OFFER A VARIETY OF ONE-STOP HEALTHCARE SERVICES**

*In a move that will modernize healthcare delivery for the entire family, Memorial Hermann announces it will break ground on the first-of-its-kind "Convenient Care Center."*

This innovative facility is slated to open in the summer of 2012 and will provide one-stop, highly coordinated access to the vast array of Memorial Hermann services in a single location. The Center will specifically provide the greater Lake Houston area with primary care (adult and pediatric), specialty physicians, lab services, comprehensive radiology services, wellness, prevention, physical therapy and rehabilitation, and a 24-hour emergency room.

"The Convenient Care Center represents a new model of care for Memorial Hermann," said Dan Wolterman, CEO and President of Memorial Hermann. "It will fit perfectly with the clinically-integrated, patient-centered medical home service that we are creating to position Memorial Hermann for the future and to meet the healthcare needs for families in the Houston region for many years."

The \$7.4 million, 30,000-square-foot Center is designed to take the stress out of scheduling appointments for routine health needs by offering families convenient options such as walk-in access, extended evening and weekend hours. For non-routine and more urgent needs, the Center will include a 24-hour, seven-day a week, state-

of-the-art emergency department staffed by Memorial Hermann Northeast's board-certified emergency medicine physicians and emergency-trained nurses. Patients in need of higher levels of care would be transferred to Memorial Hermann Northeast, Memorial Hermann Texas Medical Center, or Children's Memorial Hermann Hospital.

"We are excited to be the first Memorial Hermann hospital to open a Convenient Care Center," said Louis Smith, Chief Executive Officer of Memorial Hermann Northeast Hospital. "We are proud to bring this unique offering to the Atascocita/Summerwood/Fall Creek and surrounding areas."

"The Center will be an added value for families in this area," Smith continued. "The doctors and nurses who will staff the Center are some of the same professionals who have provided high-quality care to numerous families in this area for many years. The Center also will be able to call on the region's top medical specialists and highly specialized services at Memorial Hermann-Texas Medical Center and Children's Memorial Hermann Hospital."

The Center will be constructed west of West Lake Houston Parkway just off the Sam Houston Tollway East frontage road, directly in front of Summer Creek High School. A ground-breaking ceremony will be announced soon.

### **ABOUT MEMORIAL HERMANN HEALTHCARE SYSTEM**

An integrated health system, Memorial Hermann is known for world-class clinical expertise, patient-centered care, leading-edge technology and innovation. The system, with its exceptional medical staff and 20,000 employees, serves southeast Texas and the greater Houston community. Memorial Hermann's 11 hospitals include three hospitals in the Texas Medical Center, including a Level I trauma center, a hospital for children and a rehabilitation hospital, as well as three heart & vascular institute locations and eight suburban hospitals. The system also operates the Life Flight® air ambulance service, cancer, imaging and surgery centers, sports medicine and rehabilitation centers, outpatient laboratories, a wellness center, a chemical dependency treatment center, a home health agency, a retirement community and a nursing home.

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## Kid's Water Conservation Project

When Mom or Dad turns on the sprinkler to water the grass, do you know how to figure out how much water the sprinkler "delivers"?

The next time the lawn needs watering, place some empty cans or jars in several places around the lawn. Turn on the sprinkler and let it run for half an hour. Add the total amount of water captured in all the receptacles (in inches), and divide by the number of jars to the average. Simply multiply by two if you want to know how much water is "sprinkled" in an hour.

In the Houston area, experts recommend watering every five days to apply 0.75 to 1 inch of water (subtracting any rainfall) during summer months. This amount will wet the soil to a depth of 4-6 inches.

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## Fitness Center Committee

NEWLY FORMED

The Board of Directors is proud to announce the formation of a new Committee available to the community. The new Fitness Center Committee is now being formed. If you would like to join this group please send an email to [fitness.committee@summerwoodlife.com](mailto:fitness.committee@summerwoodlife.com). Stay tuned to the website for more information and updates!

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## Harris County Municipal Utility Districts No. 342, 344 & 361

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When operating under voluntary water restrictions outdoor water should be limited to the hours between 8:00 PM and 6:00 AM on designated watering days. Irrigating is permitted at any time if it is by means of hand-held hose or water bucket.

*Outdoor water use during permitted hours shall be limited to: Tuesdays and Saturdays for customers with even-numbered addresses. Wednesdays and Sundays for customers with odd-numbered addresses.*

While outdoor use restrictions are voluntary at this time, further restrictions could be necessary to reduce demand on the water supply system in the near future. Customers are requested to practice water conservation and to minimize or discontinue non-essential water uses.

### ADDITIONAL CONSERVATION TIPS:

#### INDOORS

- Take shorter showers and/or use water saving shower heads.
- Use the minimum water needed for a bath.
- Don't allow water to run while brushing teeth or washing dishes.
- Operate dishwashers and washing machines with full loads.
- Don't use running water to thaw frozen foods – thaw overnight in the refrigerator instead.
- Find and repair leaky faucets, sinks and toilets. An average leaky toilet wastes about 200 gallons of water a day.

#### OUTDOORS

- Water lawns during late evening hours or overnight. Lower temperatures and darkness reduce evaporation loss. This is also the time when water demand is at its

lowest on the water supply facility.

- Water slowly and infrequently to promote healthy plants and good root growth.
- Do not use sprinklers that produce a fine mist – you're losing water to evaporation.
- Plant drought tolerant bushes and trees.
- Use mulch around trees and bushes to retain moisture and moderate temperature.
- Use drip irrigation for shrubs and flowerbeds. This also works well to help with foundation issues.
- Use a broom rather than a hose to clean leaves and debris from sidewalks and driveways.
- Use a timer on your garden hose when watering so you can precisely control the amount of time it runs. They are inexpensive and can be added to each hose bib.
- Pay attention to your garden hose! It can release 600 gallons of water in an hour!



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## Target Heart Rate Range for Cardiovascular Exercise: Do You Know Yours? - By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

### A FEW THINGS TO REMEMBER ABOUT

#### CALCULATING TARGET HEART-RATE RANGE (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.**
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is  $220 - \text{your age}$ .

#### CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____ (low end of THRR)}$$

$$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____ (high end of THRR)}$$

### — STEP 1 —

#### CALCULATE YOUR RESTING HEART RATE.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

### — STEP 2 —

#### DETERMINE WHAT TRAINING ZONE YOU WILL USE BASED ON YOUR CURRENT LEVEL OF FITNESS.

Estimates provided by [www.acefitness.org](http://www.acefitness.org): Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

### — STEP 3 —

#### CALCULATE YOUR TARGET HEART-RATE RANGE USING THE KARVONEN FORMULA.

### — STEP 4 —

#### LEARN HOW TO USE THIS HEART-RATE RANGE REGULARLY IN YOUR CARDIOVASCULAR WORKOUTS.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

*Using this calculation, her target heart-rate range is 138 – 164 beats per minute.*

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

#### FOLLOW THESE STEPS FOR SUCCESS:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
  - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
  - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly.
 

Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:

  - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
  - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
  - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

*Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.*



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## BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident

but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

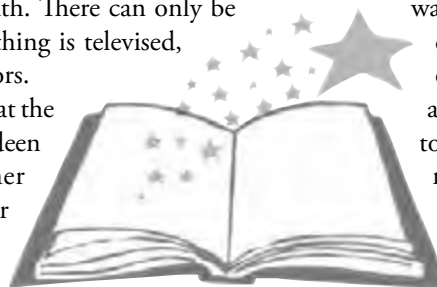
Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>



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To find out more about Denver, Please contact Stephanie Berka, Wendy's Wonderful

Kids Recruiter, at the Adoption Coalition of Texas, (512) 301-2825 or [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org). 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 [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.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.*

[www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org)

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# - Kids Stuff -

**Section for Kids with news, puzzles, games and more!**

## HALLOWEEN

Boo! What are you going to be for Halloween? Sometimes, it can be fun to dress up as a group. Maybe your brothers, sisters, friends - or even parents - will want to join in the fun. Here are some costume ideas for groups of two or more.

- sun and moon
- winter, spring, summer, and fall
- salt and pepper shakers
- a toothbrush and a tube of toothpaste
- cop and robber
- doctor and patient
- veterinarian and animal (dog, cat, or bunny)
- fireman and fire dog (dalmatian)
- fisherman and fish
- squirrel and nut
- teacher and student
- pilgrim and Indian (or turkey!)
- prince and princess (or king and queen)
- cowboy and horse (or cowboy and cowgirl)
- dog and bone (Arf! Arf!)
- Santa and elf (or Mrs. Claus)
- macaroni and cheese
- Fopsy, Mopsy, and Cottontail (from Peter Rabbit)
- Dorothy, the Tin Man, the Scarecrow, the Lion, and Toto (from the Wizard of Oz)
- Sonny and Cher (ask your parents!)
- vampire and bat
- burger and fries
- peanut butter and jelly
- three blind mice
- three little bears
- three little pigs

And no matter what you dress up as, please be safe while you're haunting the neighborhood!



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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