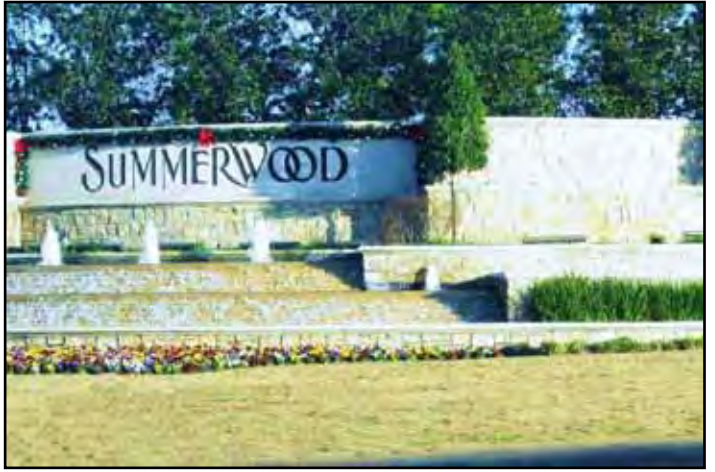


SUMMERWOOD

LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.



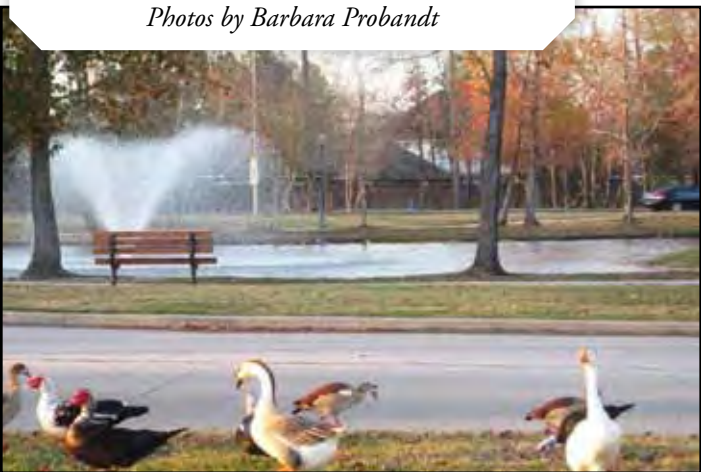
Summerwood,

OUR HOME SWEET HOME!

Photos by Barbara Probandt

Whether you enter our neighborhood through the beltway entrance, drive throughout the residential areas, or stroll/jog/run along the miles of trails, you can't help but notice the charm and elegance of our community.

Among favorite Summerwood sights are the wildlife, the beauty of the lakes and fountains, the vegetation and landscaping, and of course, the naturally beautiful tree-lined drive down Deussen. Also Summerwood residents enjoy a variety of amenities and organizations that are geared to appeal to all ages and all stages of life. Working together we can continue to make Summerwood a classy and desirable place to call our home, sweet home!



IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency Situations911
 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

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)
 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
 Lakeshore Elementary 281-641-3500
 Post Office..... 713-695-2690
 4206 Little York, Houston, TX 77078

COMCAST

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

EDITOR

NEWSLETTER INFO

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

PUBLISHER

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Summerwood Elementary NEEDS YOUR HELP!

The Summerwood Elementary PTO has been working extra hard this year to make sure that the budget constraints currently faced by our school district have the least impact on our students. Now more than ever, we need YOU to partner with us to guarantee that our children receive a high-quality education!

Please consider sponsoring our annual Summerwood Elementary Spring Carnival on March 3, 2012. We are looking for businesses to donate money, goods or services in return for a unique marketing opportunity. There are 4 levels of partnership available to choose from, each with its own level of advertising for your business. In addition, businesses have the opportunity to purchase a vendor table for the carnival.

In order to advertise for you properly, all sponsorships and donations are due by February 17, 2012. For more information, please contact one of our PTO Co-Presidents, Mary Impelman at impelman@entouch.net or Aimee Williams at aimboat@gmail.com.



2012 Events!

Spring Eggstravaganza March 31 Club Summerwood	Back to School August 17 Club Summerwood
Spring Yard Sale April 21	NNO October 2 Club Summerwood
Casino Night May 18 TBD	Fall Festival October 20 Club Summerwood
	Fall Garage Sale November 3
Independence Day Parade & Picnic July 4th Club Summerwood	Winter Festival December 1 Club Summerwood

*"All Dates and locations are subject to change.
 Please log onto www.SummerwoodLife.com for the latest information."*

Looking Great for 2012

Its a Great time to buy or sell a home. Mortgage rates are at a all time and predicted to remain low in 2012!

- New Construction Single Family home starts are expected to rise 10 percent in Houston this year.
- Resales of Single Family homes predicted to increase at least 10 percent over last year.

2011 was one of the best years in past 14 years of my real estate career. I am looking forward to a even better 2012. If you are thinking or know of anyone thinking of buying or selling their home in 2012 would love to give you a free market analysis or consultation. May everyone have their best year ever in 2012.



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Wave Your Flag Proudly!

Summerwood Boy Scout Troop 1922 has kicked off their Holiday Flag Display Fundraiser!

The Boy Scouts of Troop 1922 are currently assembling flags to put out on President's Day, Memorial Day, Flag Day, Fourth of July and Labor Day. They will place the flags in your yard before 9:00am and take them down before night fall that same day. They do this all for \$30 per year. If you have not yet signed up to show your patriotism, fly the flag, and support your local Boy Scout Troop you are not too late. Call Alice Harmon, Troop Committee Chair at 281-458-0428.

**Boy Scout Troop 1922, 12680 West Lake Houston Parkway
Ste 510- 123 | Houston, TX 77044**

NAME: _____

ADDRESS: _____

PHONE: (Home) _____ **(Cell)** _____

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(Please make checks payable to Troop 1922)

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What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

What does it mean to have sensitive teeth?

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

What is the reason for sensitive teeth?

Common causes of tooth sensitivity:

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.

- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

How should I take care of my teeth if they are sensitive? Tooth sensitivity is very treatable, no matter what the cause. Here are a few remedies you can take advantage of at home:

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

Submitted by Dr. Flury

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PERSONALIZED CARE -

AutumnGrove Cottage caregivers are involved in all aspects of our residents care through out their day from grooming, bathing, doing activities with them to preparing and assisting them with meals. This allows our caregivers to get to know the residents preferences and to provide more personalized care for our residents.

DEEP RELATIONSHIPS -

Since an AutumnGrove Cottage only cares for 16 residents, staff and residents get to know each other in a very personal and intimate way. With the common bond of being impacted by Alzheimer's, family members become friends and often become an informal support group for one another.



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www.AutumnGrove.com

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Call us at 1.800.311.4880 or 281.220.0882

Crime Watch Committee Update!

By Barbara Probandt

The Summerwood Crime Watch Committee meets on the second Tuesday of each month at the Central Clubhouse at 7:00 PM. CWC meetings provide up to date ideas and information to further enable residents to protect their personal selves, their personal safety, and protect their property. There is an agenda for each meeting along with occasional guest speakers and a Summerwood contract deputy who attends to give information, give his report, meet residents, listen to their concerns, and answer questions.

Block Captains serve as contacts in the CWC information chain. If you would be interested in serving in this area, contact Barbara Gaston at bagaston@aol.com for further information. Block captains are needed throughout Summerwood. If you are not presently being contacted by a block captain there may be a need for you to step up to fill the position.

For those on facebook, please feel free to locate and ask to join the Summerwood Crime Watch facebook group. It is open to all residents of Summerwood. Timely information, thoughts, and concerns are posted by residents regularly. The CWC committee is all about communication and getting information out to residents and this facebook group has been very effective.

The CWC wants you to know that Vacation Watch is an important tool to use in giving you peace of mind while away from home. The number to call is 281-446-9155. Give them the details of your trip and how to reach you if something were to happen. The contract deputies in Summerwood will be notified as to the days you will be away, the cars that should be in your driveway, comings and goings to be expected at your home, etc...and they will have your cell phone number(s) to call if something seems amiss. Use them! They will check your house daily and is a free service!

Pictured here with our newest Summerwood HCSO contract deputy, Deputy Parker, are a few of the residents who attended the February meeting.




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To learn more about our heart and vascular program, come to our Red Wine & Dark Chocolate events during the month of February. The event is free but space is limited. Call 713.222.CARE (2273) to register, or visit us at memorialhermann.org to learn more.



memorialhermann.org

*As part of the Memorial Hermann Healthcare System:
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HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care

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According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy? The AHA recommends:

EATING A HEALTHY DIET

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

EXERCISING REGULARLY

- 20-to-60 minutes per day, 3-to-5 times per week

AVOIDING TOBACCO PRODUCTS & TOBACCO SMOKE

• LIMITING YOUR ALCOHOL INTAKE

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

What should be included in a family history?

ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS

MAJOR ILLNESSES

CHRONIC AILMENTS OR RISK FACTORS

- Smoking
- Obesity
- Alcohol problems

(Continued on Page 9)

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Heart Healthy Lifestyles- (Continued from Page 8)

THE CAUSE & AGE OF DEATH OF ANY DECEASED RELATIVES

CHILDHOOD CONDITIONS

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.



Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

www.pickupthepile.com

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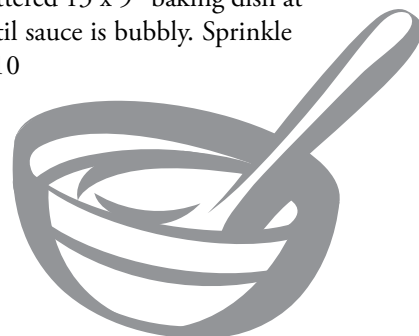
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RECIPE OF THE MONTH

PARIS POTATOES

- 5 cups potatoes, diced in ½" cubes
- 1 C sour cream
- 2 C creamed cottage cheese
- 1 C green onions & tops, finely chopped
- ½ tsp. garlic salt, optional
- salt & pepper to taste
- 1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9" baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.



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