

SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

Yard of the Month JUNE 2013

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

The Rogers Family of Canton Springs

and the

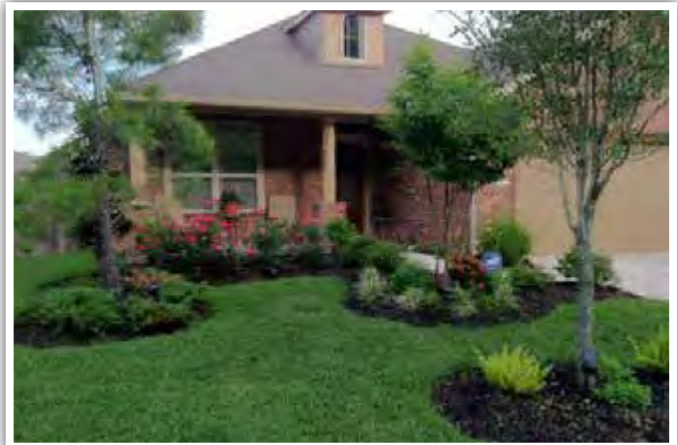
The Pappas Family of Pepperstone Lane

They will have a "Yard of the Month" sign displayed in their yard for the month of June and will also receive a \$50 gift card to Lowes! Summerwood is full of homeowners who take pride in their yards! Would you like to nominate one of them? The nominations should be emailed to summerwoodnewsletter@gmail.com and must be received by the 8th of each month. Please include the name and address of the resident and also please submit a jpeg photo with your nomination. We look forward to hearing from you!

The Summerwood Beautification Committee



The Pappas Family



The Rogers Family



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 PkwyHouston, 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
MMIA (Water District Operator).....	281-651-1618
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	

NEWSLETTER INFO

EDITOR

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

PUBLISHER

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View the *Summerwood Life* online at www.PEELinc.com.

IT'S SUMMERTIME AND TIME TO SWIM!

Safety Tips from the Summerwood Pool Committee

With July upon us, the pool season is in full swing. Our residents and guests seem to be adjusting well to the new wristband policy and our lifeguards are doing their best to keep the pool safe and fun for everyone. Safety is such an important topic that the pool committee wanted to refresh everyone on basic water safety guidelines.

Kids need constant supervision around water — whether the water is in a bathtub, a wading pool, an ornamental fish pond, a swimming pool, a spa, the beach, or a lake.

Young children are especially vulnerable — they can drown in less than 2 inches of water. That means drowning can happen where you'd least expect it — the sink, the toilet bowl, fountains, buckets, inflatable pools, or small bodies of standing water around your home, such as ditches filled with rainwater. Always watch children closely when they're in or near any water.

If you don't already, it's a good idea to learn how to swim, and kids older than 4 years should learn, too. Kids who are younger (but older than age 1) also might benefit from swimming lessons, but check with your doctor first. Don't assume that a child who knows how to swim isn't at risk for drowning. All kids need to be supervised in the water, no matter what their swimming skill levels. And infants, toddlers, and weak swimmers should have an adult swimmer within arm's reach to provide "touch supervision."

Invest in proper-fitting, Coast Guard-approved flotation devices (life vests) and use them whenever a child is near water. Check the weight and size recommendations on the label, then have your child try it on to make sure it fits snugly. For kids younger than 5 years old, choose a vest with a strap between the legs and head support — the collar will keep the child's head up and face out of the water. Inflatable vests and arm devices such as water wings are not effective protection against drowning.

Don't forget the sunscreen and reapply frequently, especially if the kids are getting wet. UV sunglasses, hats, and protective clothing can also help provide sun protection.

Kids should drink plenty of fluids, particularly water, to prevent dehydration. It's easy to get dehydrated in the sun, especially when kids are active and sweating. Dizziness, feeling lightheaded, or nausea are just some of the signs of dehydration and overheating.

We hope these tips will help ensure a safe and wonderful time this summer. As always, if you have any questions or wish to contact us with any comments or suggestions please email the pool committee at swpool.committee@gmail.com.



REBEKAH SNIPP

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Welcome To Summer!

Summer is in full swing as we head into July. I'd like to take this opportunity to say **Happy Independence Day America!** Thank you to all the men and women in our military that defend our freedom.

The committee has reviewed the applications for the 2013 Rebekah Snipp Scholarship. **Congratulations to the following winners of the 2013 Rebekah Snipp Scholarship.** Each of these individuals will receive a one-time \$1,000 scholarship to go towards tuition and expenses in their Fall semester of college. We were able to increase the scholarship award from one to three due to an award I received from Newland Properties for 2012 sales production with new construction.

Christopher Pinto-Ruelas – 2013 Senior Summer Creek High School

Ariel Thomas – 2013 Senior Summer Creek High School

Katherine Bohn – 2013 Senior Atascocita High School

When is the last time you had a licensed roofer come out and inspect your roof as a maintenance item? If you have not done this over the last several years, you may want to consider contacting a local roofing company to have them inspect your roof and perform maintenance on it by sealing around the vents and roof jacks. By taking this step proactively, you can save money by reducing the risk of roof leaks. **Roofing damage** can be tricky & hard to spot. Annual roofing inspections, by an established local **roofing contractor**, can help avoid steep repair costs or untimely roof replacements. FSR Services, owned by Steve Seibert, is a local company that has been doing work for our clients for many years. They received the 2012 BBB Award. **Call FSR Services today at 281-852-9555** to schedule an appointment to have your roof checked and make any necessary repairs or maintenance. Then add a reminder to your calendar to have it checked annually each year.

The market continues to remain strong, we are blessed to be in an area where economic development is in full swing. I appreciate the opportunity to assist you with all your real estate needs. In addition to providing full service to local sellers and buyers, **Better Homes and Gardens Real Estate Gary Greene is a Principal Broker in the Cartus Relocation Network**, which is one of the largest relocation companies in the United States. **If relocation for work is in your future, please contact me directly at 832-814-6120 via phone or text.** I will notify our relocation department that you have requested me when the time comes to list your home. We have over 900 agents, this will ensure that you receive my services when you are ready to list your home. Our relocation department will then be able to match up your incoming request to the flag in their system with me as your agent.

Building clients for life, while giving back to the community, is very important to me. Thank you for allowing me the opportunity to assist you. I also appreciate you keeping me in mind for friends, family and co-workers that are looking to sell or purchase a home. Don't forget to ask me about the **"Free Local Move"** offer. Some restrictions apply, so call me today to learn more! Have a safe and fun Summer!

Respectfully

Rebekah Snipp, Realtor

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Rebekah Snipp

Realtor, ABR, CDPE

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Resident of Atascocita



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SUMMERWOOD STINGRAYS BRING THE STING!

Submitted by Lisa Stout

The last home meet of the Summerwood Stingrays for 2013 was June 15th. This organization is open to Summerwood residents from ages 4 – 17. Residents interested in the team may visit www.summerwoodstingrays.swimtopia.com for more information. Registration for the 2014 season will be in March 2014. The season runs from the end of April through June 30. Don't feel your child has to be a competitive swimmer in order to have fun. Our coaches place emphasis on hard work and self improvement.



JULY 4TH INDEPENDENCE DAY CELEBRATION PARADE AND POOL PARTY

Thursday, July 4
9:00 a.m. – 12:00 p.m.
Residents Club Central

Celebrate Independence Day by decorating your bicycle, pet, stroller, wagon or yourself! Then parade around Lake Anne beginning at 9:00 a.m., so get there early. There will be prizes and trophies for best in category! It's a flag-waving, red, white, and blue celebration of America's birthday! Come out and cheer on the participants!

HEB will provide ice cold watermelon and Riverstone Pools will provide ice cold water at the pool party! 6 Carr Photography will be out taking photos, so give her a big smile! Games, more prizes and lots of fun! Don't miss out!



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Summerwood's Woodcreek Middle School Makes Us Proud!

The 2012 – 2013 school year saw the students of Woodcreek Middle School rise to the level of the expectations placed upon them by the entire WMS staff. Students raised their scores on the STAAR exam, won sweepstakes and awards in fine arts and dominated on the athletic field. Student involvement in extra-curricular activities and clubs is one of the main keys to success in school.

As we prepare for the 2013-2014 school year, please continue to check our website for upcoming events such as Packet Pick Up, Lion Check-In, 6th grade Cub Camp and Meet the Lions. Have a great summer and if you ever have a question you can always e-mail the Principal at brent.mcdonald@humble.k12.tx.us.

Mama Duck Nesting on Lake Meredith

Photo submitted by Barbara Probandt

When walking the trail around Lake Meredith, you can expect to see "Mama Duck" nesting there in an old tree stump. She graciously posed for this picture!




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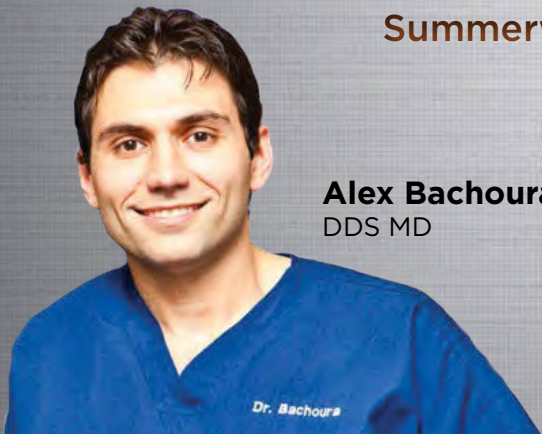
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SPECTACULAR ROSE BUSH BLOOMS IN SUMMERWOOD

Submitted by Brad Losavio

The Losavio family of Carolina Hollow Lane submitted a picture of their "Memorial Day" Hybrid Tea Roses. These rose bushes are over six feet tall and recently had over two-hundred and thirty blossoms.



PHOTO *of the* MONTH

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

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



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Deussen Park Senior Community Center

12303 Sonnier, Houston, Texas 77044

281-454-4108

Calendar of Events Building Closed-July 4th

Monday-

9:00 a.m. Gentle Yoga

Wednesday-

10:00 a.m. Zumba

10:15 a.m. Bridge/Game Day

Friday-

10:30 a.m. Strength & Weight Training

The Deussen Park Senior Center is offering FREE activities for Precinct One Senior Constituents 55 years and better on Mondays, Wednesdays and Fridays from 8:00 a.m. to 1:00p.m. Activities will include zumba, yoga, strength and weight training, games, trips and more. Visit Harris County Precinct One's new website: www.HCP1.net

*For additional information please contact
Stephanie Gilder via email,
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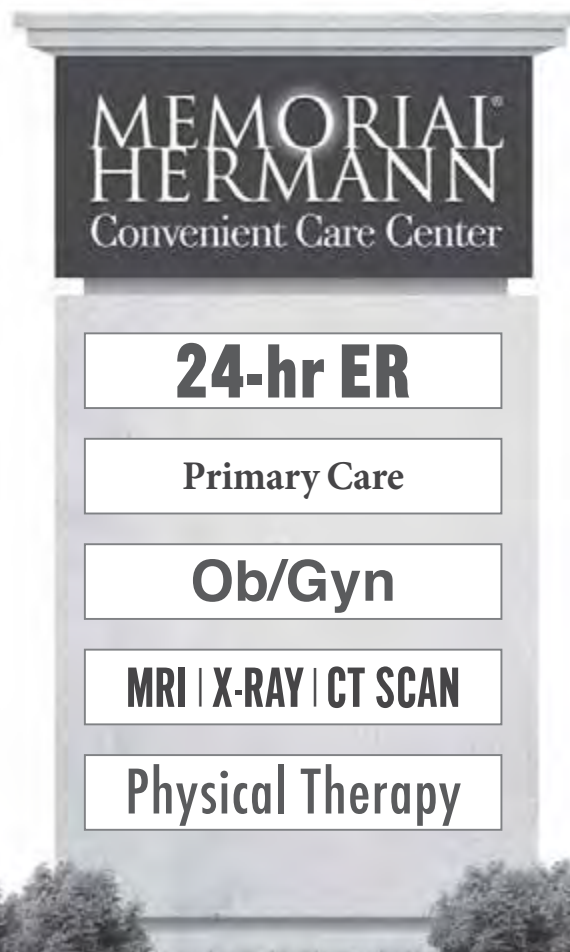
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OPEN HOUSE *at LSC- Atascocita*

On May 23rd residents were invited to the annual Lone Star College – Atascocita Center Open House and the turnout was great according to David Baty, Dean of the Center. Information was provided on Admissions, Financial Aid and various programs offered including UHD, workforce training, Discovery College for kids aged 6-17 and the ALL program for persons aged 50 and over. Lone Star College – Atascocita Center opened its doors in August 2011 and now serves hundreds of students from our local community. Discovery College for Kids classes begins July 29 and regular college classes begin either July 11 for summer or August 26 for Fall. <http://www.lonestar.edu/atascocita>



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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

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.



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KEEPING COOL THIS SUMMER

When the mercury creeps higher it's natural to want to ratchet up the air conditioner. But with cooling costs accounting for up to 40% of the average summer energy bill, that's not the most economic or eco-sensitive solution. Believe it or not, making a few simple low-tech changes can pay off with a cooler house and a much lower bill.

Thermostat 101

- An air conditioner set at 70°F costs twice as much to operate as one set at 78°F. It may seem counterintuitive, but raise the thermostat by 2 degrees above its normal setting. You won't feel a difference, but you will see one on your bill.
- 74°F to 78°F is a comfortable range for most people. Set the thermostat to 80°F when you'll be out of the house for several hours and lower it when you return. But don't shut the air conditioner off; it's less efficient to cool the house back down than to leave it set at a higher temperature.
- An automated, programmable thermostat takes care of these tasks and will quickly pay for itself in energy savings.
- Clean or replace the air conditioner filter monthly. Clogged, dirty filters block air flow and make a unit work much harder. A clean filter can save 10% on your bill.

Cooling Trends

- A ceiling fan only uses about as much energy as a 100-watt bulb, but it can make a room feel up to eight degrees cooler. In summer, blades should turn counterclockwise, pushing air downward to create a cool breeze. Reverse directions in winter, so the fan draws air up.

- Box fans are only efficient if someone is in the room to enjoy them, so don't leave them running in empty rooms.
- Keeping windows closed and curtains drawn during the day can reduce cooling costs by 30 percent. In the evening, if the outside temperature is below 77°F, open windows to release warm air from inside the house.
- If there isn't enough roof overhang to shield windows from direct sun, awnings over west- and south-facing windows not only block solar heat but protect furnishings from UV damage.
- Lights, computers and televisions all generate heat. Turn them off when they're not in use and you'll save twice on your energy bill.
- Shut cooling vents to seldom-used rooms like basements or guest suites.

Longer Term Solutions

- Strategic landscaping can cool your house. Deciduous trees-like Maple, Oak and Aspen-planted along the east and west sides of your home allow breezes to pass underneath while keeping the sun from windows. If they grow tall enough, they can also help shade the roof. In the winter when the trees are leafless, the sun will help to heat your home.
- Low-emissivity film applied to older, less energy-efficient windows blocks the sun's rays and helps prevent cooled air from escaping.
- Temperatures in an attic can reach 150°F on the hottest summer days. Consider a thermostat-controlled attic fan to release superheated air and keep your entire house cooler.

THE Tracy Montgomery TEAM



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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.

- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

- DO NOT use alcohol rubs on the person's skin.

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

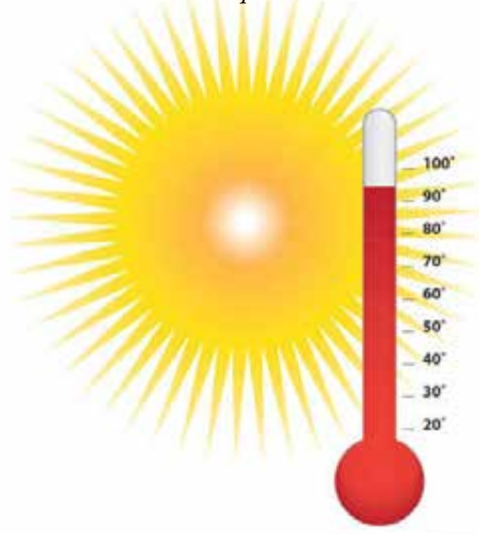
- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

Auerbach PS. *Wilderness Medicine*. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.

DeLee JC, Drez Jr. D, Miller MD, eds. *DeLee and Drez's Orthopaedic Sports Medicine*. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



It Really is a Small World After All

By Vicki Milana

This past school year has been an eventful one for twenty-two Houston area Ayusa families. In August 2012, these families opened their hearts and their homes to foreign exchange students from around the world. During the 2012-2013 school year, we had eleven countries represented in our area, some of the countries included were Germany, Brazil, Italy, Lebanon, China, Japan and Tunisia. The Ayusa foreign exchange student program is a great way to enrich not only the lives of your family members, but that of the folks in your community and the student themselves. "Both my wife and I have been hosting for the past five years and have enjoyed every minute of it!" says Theodore Odom of Pearland, Texas. "My wife and I have no children, so we are able to bring the students in for the full year and be their Host Parents. We believe it's a way of giving back. This year's student, Ina Zyfi of Albania has had a great time meeting new people, making new friends and volunteering her time to a local dachshund rescue."

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a 501(c)(3) not for profit organization. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

"Our students really love giving back to the community", says Heather Wells, the Houston area Senior Regional Director. "One of our students, Nesrine Mbarek of Tunisia, participated in over 300 hours of community service. She was actually one of three students who won a trip for her community service and also attended a US Department of State "Teaching English as a Second Language" conference in April for her hard work. Other students have worked in food banks and have given presentations on their home countries in their schools."

This year, Ayusa is sponsoring over 900 students from 60 different countries in the United States. Volunteer host families are needed in our area to house these students for the 2013-2014 school year. The families need only provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program.

If you are interested in hosting an exchange student, please visit the Ayusa website at www.ayusa.org and complete the on-line application. You can view the students that are available for placement by clicking on the View Student Profiles on the home page. Help make this a memorable year for both your children and the prospective students. You'll be glad you did!

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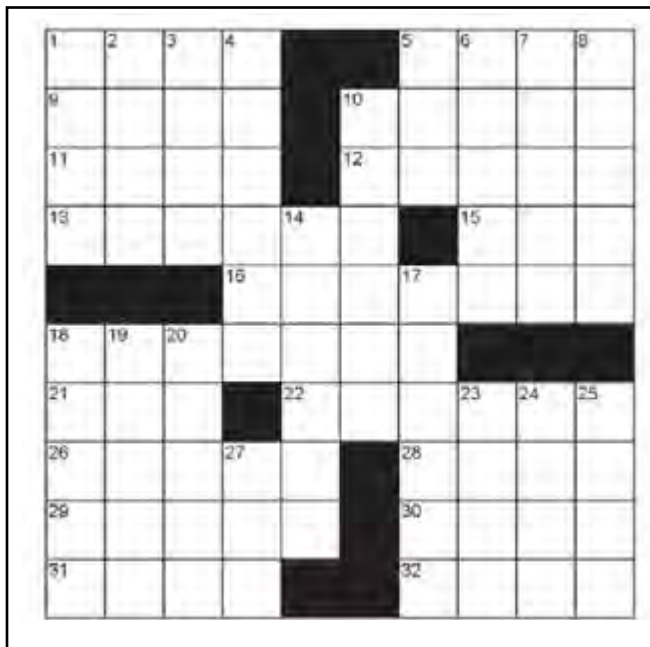
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ACROSS

1. Curse
5. Glasses
9. Charge card
10. Japanese dish
11. Pear type
12. Type of alcohol
13. Mete out
15. Deer relative
16. Mountains
18. Sin
21. Fawn's mom
22. Rain shoe
26. Angry
28. Sole
29. Whoop
30. A spinning toy (2 wds.)
31. Plateau
32. Former magistrate of Venice

DOWN

1. Baby's "ball"
2. Famous cookies
3. Loch __ monster
4. Levy
5. Jag
6. Direct
7. Animal kingdom division
8. Soft materials
10. Member of an American Indian people
14. Dancer Rogers
17. Put more ammunition in
18. Abhorrence
19. Skill
20. Heroic actions
23. Upon
24. Slug
25. Publicity
27. Drink

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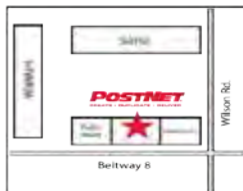
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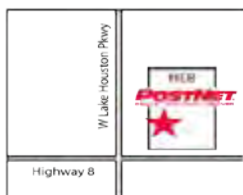
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Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake. <http://www.tinych.org/got2swim>

August 29: Colin's Hope Got2Swim Lake Austin 10K/10 miler. <http://www.tinych.org/got2swim>

September 8: 5th Annual Colin's Hope Kids Triathlon <http://www.tinych.org/KidsTri>



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