

# SUMMERWOOD

live friendly.



Volume 7, Issue 1  
Summerwood Community Association  
[www.summerwood.org](http://www.summerwood.org)

January 2005

## Atascocita Presbyterian Church Welcomes New Pastor

Atascocita Presbyterian Church (APC) welcomed Gregory Crisp Han as their new pastor in December 2004. Greg joins APC from an Associate Pastor position at St. Philip Presbyterian Church in southwest Houston. At St. Philip, Greg's initial call was to direct children, youth and adult ministry, provide liaison with the Evangelism Committee, and participate in some of the preaching and pastoral care duties. His call was later re-defined to coordinate educational activities for youth and adults and to serve as staff support to the fellowship and mission committees.



Greg enjoys outdoors activities, reading, college basketball, and time with his family. He is married to wife Holly and has three sons ages 5 and under (Caleb, Elias and Gabriel).

The vision of APC is to glorify God, make disciples, and meet human needs. APC is located at 19426 Atasca Oaks Drive in Atascocita and on the web at <http://www.apchumble.org>. Two Sunday worship services are offered (8:30am and 10:30am) as well as Sunday School (9:20am). All are invited to participate!

## Brochure Reveals The Reality Of Women And Heart Disease

*Baylor College of Medicine*

Even the most mindful woman may not recognize her number one health threat — heart disease.

“Women and Heart Disease: Myths, Magnitude, and Management,” the recent edition of the We Care for You brochure series produced by the Office of Health Promotion at Baylor College of Medicine (BCM), provides the fundamentals of heart disease that are all too often ignored by women and the medical field.

“We are so worried about breast cancer that we tune out the fact that heart disease is the number one killer of women older than 25 years old,” said Dr. Karla Kurrelmeyer, assistant professor of medicine-cardiology at BCM. “Cardiovascular diseases kill twice as many women as all forms of cancer combined.”

Due to this lack of attention, women are generally under-treated for heart disease. To avoid becoming a statistic, Kurrelmeyer encourages women to take a proactive role in their health care. The following are simple ways women can reduce their risk of heart disease:

- Don't smoke.
- Eat a healthy diet.
- Exercise regularly.
- Maintain mental wellness.
- See a physician regularly.
- Get enough sleep.

“Although all women are susceptible to heart disease, they can manage their health through awareness, healthy behaviors, aggressive treatment, and a partnership with their physicians,” said Kurrelmeyer. “The controllable risk factors for heart disease can be improved through simple lifestyle changes.”

In addition to providing advice on how to stay healthy, the brochure provides information about the disease's risk factors, diagnosis and treatment. To order a copy of the brochure, call the We Care for You Hotline at 1-800-392-4444.

## Submit Information for Publication in the Newsletter

Please help fill the Summerwood Community Association newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: [www.PEELinc.com](http://www.PEELinc.com). Articles and/or photos must be received by the 15th of the month for the following month's issue.

# SUMMERWOOD

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

Emergency Situations .....	911
Harris County Sheriff's Dept. (Dispatch) .....	713-221-6000
Constable - Precinct 3 .....	281-427-4791
Sheldon Road VFD (Dispatch) .....	281-847-3300
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
Summerwood Technologies .....	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
Southwestern Bell Telephone.....	800-464-7928
Entex Gas.....	713-659-2111
Houston Lighting & Power (HL&P).....	713-207-7777
Municipal Utility District (MUD #342).....	713-983-3602
24 Hour Service Number .....	713-983-3604
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 .....	281-225-1111
1411 Summerwood Lakes Drive; Houston, TX 77044	

### MANAGEMENT NUMBERS

On-Site Management .....	281-225-2786
Association Management, Inc. ....	281-358-9090
(Homeowners Association)	
700 Rockmead, #205; Kingwood, TX 77339	
After Hour Emergency .....	713-932-1122

### SCHOOLS

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

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

### NEWSLETTER PUBLISHER

Peel, Inc. / Quality Printing.....	806-385-6444
E-Mail .....	articles@Peelinc.com
Adver: Kelly Peel.....	kelly@Peelinc.com, 512-589-5471

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The only way to have a friend is to be one.

-Ralph Waldo Emerson

\*\*\*

The shortest answer is doing.

-Proverb

\*\*\*

Friendship is always a sweet responsibility,  
never an opportunity.

-Kahlil Gibran

\*\*\*

Real knowledge is to know the extent of one's ignorance.

-Confucius

\*\*\*

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# SUMMERWOOD

## Scavenger Hunts And Smiley Faces Ease 'Veggie Fears'

Baylor College of Medicine

Vegetables can play an important role in healthy growth and development, but getting kids to eat them can sometimes be a challenge.

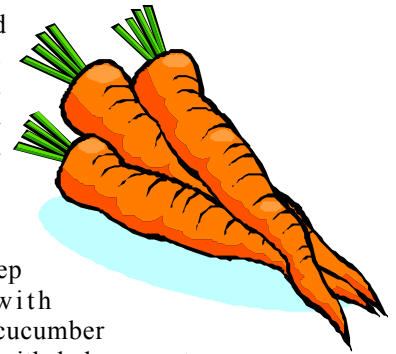
"To get kids to eat vegetables, they must be available when and where kids tend to eat, be very easy-to-eat and taste good," said Joan Carter, a registered dietitian at the Children's Nutrition Research Center at Baylor College of Medicine and Texas Children's Hospital in Houston.

To make vegetables more tempting to kids, Carter offers these tips:

- Offer the new vegetable at the beginning of the meal when small children are the hungriest and serve vegetables in new combinations. Children tend to favor peas, potatoes, carrots, beans and corn. Mix these vegetables with others they are less likely to eat, such as broccoli and cauliflower.
- Use a little fat, sugar and salt to make the healthy foods taste good to kids. "Kids are born liking sweet tastes, so use this to your advantage," Carter said. Cook carrots with a little sugar and chicken stock; make carrot 'slaw' with raisins; top broccoli with low-fat cheese sauce.
- Prepare vegetables in new ways. Try a stir-fry or add fresh vegetables to prepared soups. Mix a vegetable in with a favorite food, such as peas in macaroni and cheese or blend soft cooked carrots into mashed potatoes. Add vegetables to pizza toppings

or sautéed minced veggies like broccoli and red pepper and add to spaghetti and pizza sauces, meat loaf, and pureed soups.

- Make eating veggies fun and easy. For kids over the age of 4, keep veggie 'kabobs' with cherry tomatoes and cucumber slices or 'grab bags' with baby carrots, broccoli 'trees,' and celery sticks near low-fat dips or salsa on a child-level shelf in the refrigerator. Use cut-up pieces of vegetables to make a "smiley face" on mashed potatoes. Offer an edible spoon, such as a stalk of celery, to scoop up chili or stew.
- Enlist kids to help scour magazines for new veggie recipes that the family could try. Let kids use the recipe to conduct an "ingredient scavenger hunt" at the grocery store and later assist in preparing the recipe at home.
- Become a family of Farmers' Market 'explorers' who stop and ask growers about their produce, their farms, and how they cook their vegetables for themselves. Grow a family vegetable garden.
- Be a good role model. Eat your vegetables, and show your excitement about finding and trying new ones.



And what if despite your efforts, your children still turn up their noses at anything yellow, green or leafy?

"Don't give up," Carter said. "It may take some time before kids try a vegetable and it might take a lot of tries before they begin to like it." Young children can sometimes be afraid of new foods.

Continue to offer vegetables at each meal and encourage children to try one bite. If they don't like it, that's fine. Allowing young kids to stop at one bite can make trying new foods less scary, while forcing them to eat something they truly don't like will only make the situation worse.

### Advertising Information

Please support the businesses that advertise in the Summerwood Community Association Newsletter. Their advertising dollars make it possible for all Summerwood residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Kelly Peel; 512-589-5471; [kelly@Peelinc.com](mailto:kelly@Peelinc.com). **The deadline for ads is the 10<sup>th</sup> of each month.**

**At no time** will any source be allowed to use the Summerwood Community Association Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Summerwood Community Association and Peel, Inc. The information in the Summerwood Community Association Newsletter is exclusively for the private use of Summerwood residents only.

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Tracy Montgomery

# Between FRIENDS

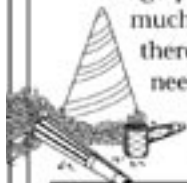


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**H**appy New Year! Setting goals and making resolutions is a high priority now. There is so much to look forward to. If there are any real estate needs or questions I can help you with, please give me a call.



**H**ome warranty protection is very important and something I recommend for all my clients. Whether you are buying or selling, home warranties provide protection from the cost and hassle of system and appliance repairs in your home. The service is easy to use and a great value!

It's true that many home warranties appear to be similar, but the difference can be found in the service. My home warranty company of choice is Old Republic Home Protection. They always take excellent care of my clients with fast, friendly service at reasonable rates. For more information about this valuable protection, please give me a call!

**A**s your local Real Estate Professional, I can help you determine where to buy, offer tips to ready your home for sale, provide a current market analysis, aid you with financing and answer questions about your desired neighborhood. If you know someone interested in buying or selling real estate, please refer my name and number to them!



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

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## Helpful Hints Feng Shui

**T**he ancient art of Feng Shui suggests that through the proper arrangement and decoration of surroundings one can balance their environment and their life. The following are basic tips to increase the flow of positive energy in your surroundings:

- ☞ Remove all clutter. Relinquish your role as a pack rat and throw out all items in your home or office that are no longer useful to you.
- ☞ Fix anything that is broken or in need of repair. If it is beyond repair throw it away.
- ☞ Take care of bills and letters. You gain clarity by taking care of the little things and clearing your slate.
- ☞ Decorate with plenty of live, vibrant plants. Be sure to water regularly to keep them perky.
- ☞ Avoid bright, glaring overhead lights and sharp-cornered objects.



## Health & Safety

### Hobbies Are Healthy!

**H**obbies are more than just a pleasant way to spend your free time, they are stress reducers and performance boosters. Pursuing your passions can help you:

**Physically:** They can lower your blood pressure.

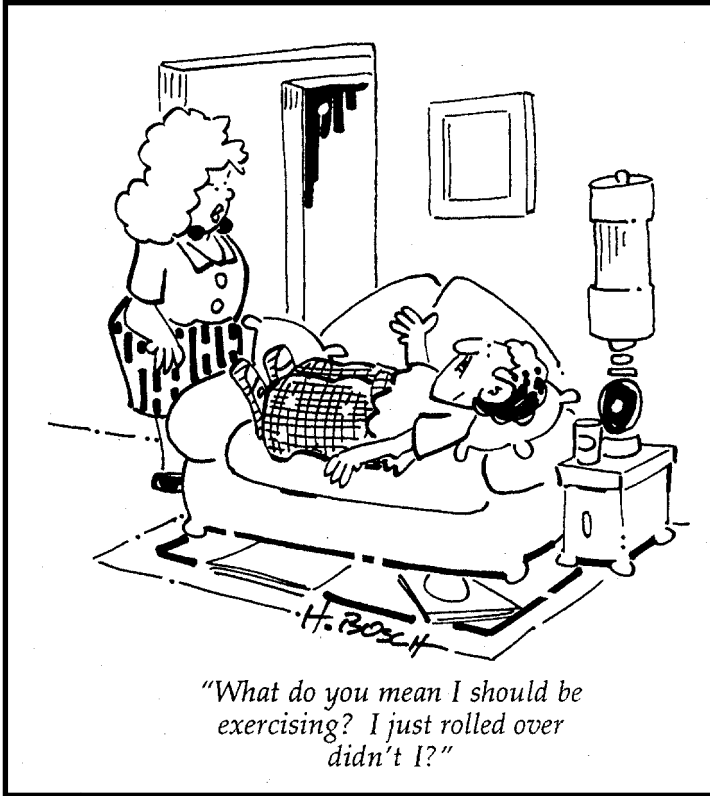
**Mentally:** They calm and release tension.

**Socially:** They connect you with others who share your interest.

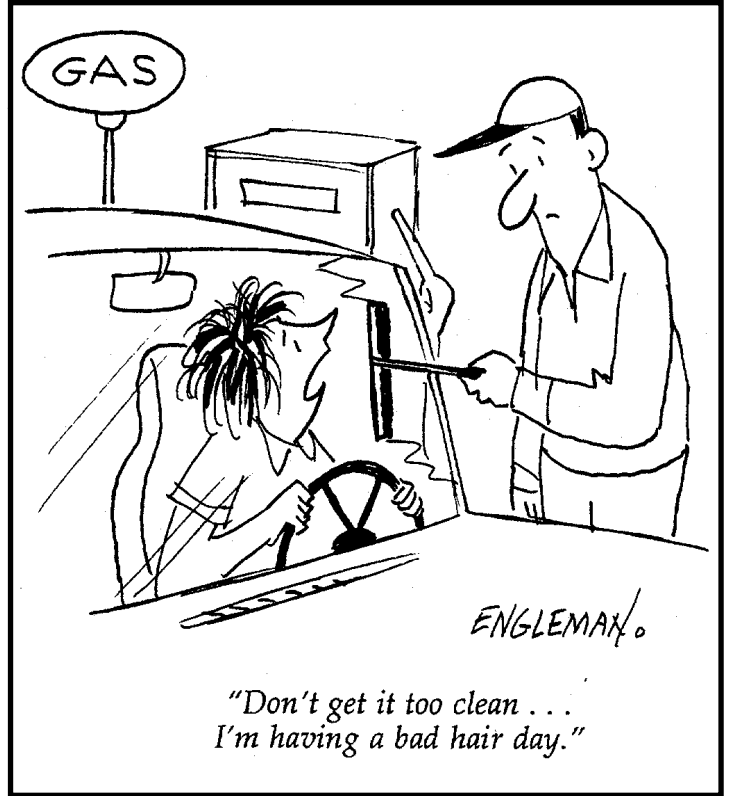
Don't have a hobby? Find one by listing activities that interest you, considering the time and money you want to spend. Explore all options and then try new activities with friends or enroll in community adult education classes to learn new skills. Feeding your body and mind with a hobby that suits you will make you wonder why you didn't find it sooner!



# SUMMERWOOD



"What do you mean I should be exercising? I just rolled over didn't I?"



"Don't get it too clean . . . I'm having a bad hair day."

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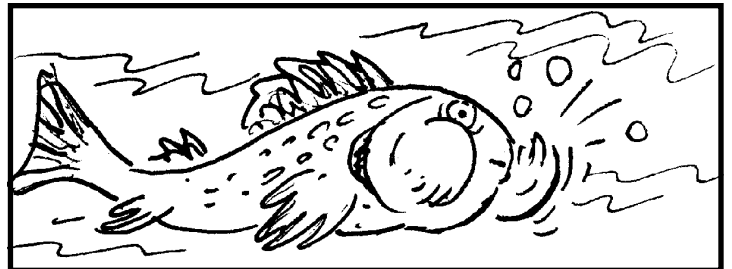


## Classifieds

**For Sale:** 2003 Harley Davidson 100th Anniversary Electra-Glide Standard. Lots of chrome, Screaming Eagle pipes, showroom condition, 4500 miles, black in color. \$17,000.00 firm. 281 225-4501 or cell # 713 829-8625. Can be seen at 13015 Chandler Chase Court in Summerwood.

**Personal classifieds** (up to 30 words) run at no charge to Summerwood residents. They are a great way to sell things like old furniture, bikes, appliances... (no product lines or services please, just one time sell items). To run a personal classified, email your ad as you'd like it to run to [articles@peelinc.com](mailto:articles@peelinc.com) by the 15th of the month for the upcoming month's newsletter.

**Business Classifieds** are \$45.00. Please contact Kelly Peel, [kelly@peelinc.com](mailto:kelly@peelinc.com), 512-589-5471.



When full grown the Brazilian hiccup fish can reach a length of 12 feet and its hiccups can be heard a mile away.

# SUMMERWOOD REAL ESTATE NEWS



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Nancy Dillard and Glenda Bass are specialists in this neighborhood. They can provide you with valuable details about the market history for your neighborhood. When you decide to sell your home, or if your employer advises you that you are relocating, call Nancy and Glenda. They can advise you in how to deal with your relocation company, appraisers, and home inspectors. Nancy and Glenda specialize in simplifying all the details so that your next move will be an easy one.

## RESALE HOMES SOLD IN SUMMERWOOD IN NOVEMBER, 2004

STREET	SQ.FT	LIST PRICE	SALE PRICE	\$/SQ.FT
Cambridge Eagle	2272	\$154,900	\$150,000	\$66
Wood Stork	3067	\$249,193	\$252,000	\$82
Gadshill Circle	3898	\$330,000	\$330,000	\$85

## RESALE HOMES PENDING CLOSING IN SUMMERWOOD

STREET	SQ.FT	LIST PRICE	SALE PRICE	\$/SQ.FT	*DOM
Lady Jane	2642	\$179,900	Unknown Until	\$68.09	235
Chartley Falls	3086	\$214,000	Closing	69.35	48
Kings Head	3029	\$285,000		94.09	322
Castlecombe	3935	\$349,000		88.69	351

## RESALE HOMES LISTED FOR SALE IN SUMMERWOOD

STREET	SQ.FT	LIST PRICE	STREET	SQ.FT	LIST PRICE
Eastern Redbud	2207	\$162,900	Lady Jane	2585	\$173,000
Eastern Redbud	1900	\$165,000	Wadlington	2173	\$169,900
Kings Head	2869	\$189,900	Eastern Redbud	2115	\$176,000
Southern Magnolia	2576	\$199,900	Lady Jane	2627	\$179,000
Kings Head	2869	\$189,900	Lady Jane	2748	\$185,000
Chartley Falls	3082	\$269,900	Summerwood Lakes	2710	\$208,000
Castlecombe	4476	\$284,900	Summerwood Lakes	3524	\$259,000
Wood Stork	3080	\$268,000	Jessica Falls	2796	\$305,012
Blisswood	3324	\$295,100	Tealstone Falls	2975	\$269,900
Jessica Falls	2796	\$270,379	Castlecombe	4476	\$284,900
Chartley Falls	2763	\$339,000	Chartley Falls	3627	\$419,000
Red Mulberry	2386	\$168,000	Brighton Park	2258	\$172,000
Oxham Falls	2263	\$175,000	Yupon Holly	2846	\$185,900
Shasta Leaf	2537	\$186,900	Broncroft	2759	\$188,000
Red Mulberry	2860	\$189,900	Wood Stork	2801	\$350,000
Blisswood	4433	\$289,900	Hartshill	4164	\$282,900
Coopers Hawk	3200	\$324,950	Windy Stream	3902	\$369,000
Lampson Manor Ct	3883	\$449,000	Yaupon Holly	2360	\$165,000
Meredith Gate	2711	\$169,900	Barbstone	2489	\$185,000

\*DOM - Days on the market from listing to pending.

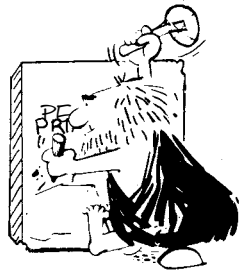
Call 281/812-8261 or 281/812-8260 today for a free market analysis on your home.

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