

SUMMERWOOD

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Volume 7, Issue 2
Summerwood Community Association
www.summerwood.org

February 2005

Top 10 Ways to 'Lighten Up' in 2005

Baylor College of Medicine

HOUSTON -- (Jan. 13, 2005) – Resolving to shed post-holiday pounds? You don't have to resort to a crash diet, say weight-loss experts at Baylor College of Medicine in Houston.

Molly Gee, a nutritionist at BCM, suggests that a few simple guidelines can help you lose or manage your weight:

- Don't arrive hungry to restaurants or parties.
- At restaurants, split an entrée or order an appetizer as a main course.
- Eat less; talk more – leave food on your plate.
- Move more – take the stairs instead of escalators or elevators
- Wear a pedometer to keep track of a goal of 10,000 steps per day
- Get a buddy for lifestyle changes in diet and physical activity
- Slow down your eating – use a salad fork or chopsticks
- Choose more fruits, vegetables, whole grains and low-fat dairy foods
- Lighten up on gravies, sauces, dressings and butter or margarine where fats hide
- Set realistic goals for weight loss (0.5 lbs/week) or prevent putting on pounds

A BCM website featuring interactive resources and health and fitness articles is available at <http://www.bcm.edu/pa/fatfree.htm>

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. Articles and/or photos must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

LAKESWOOD CRUSADERS

New Beginnings
Bible Study

Friday - February 18, 2005
7:30P.M. - 8:30P.M.

Summerwood Community Center

ALL ARE WELCOME
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LIGHT REFRESHMENTS SERVED



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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
14111 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	

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Peel, Inc. / Quality Printing.....	806-385-6444
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Valentine's Day Facts

The Reason for Valentine's Day

Early History of Valentine's Day:

- One thought is: The early origins of Valentine's Day can be traced back to the ancient Roman celebration of Lupercalia, which was held on February 15. The celebration of Lupercalia honored the gods Lupercus and Faunus and the founders of Rome.

- Another thought is: There were two saints named Valentine and a priest named Valentine. One saint was executed on February 14th and 227 years later, Pope Gelasius named February 14, Valentine's Day for him. The priest named Valentine disobeyed the Emperor and secretly married couples.

- And another thought is: Birds and fowl select their mates on February 14th.

Modern History of Valentine's Day:

- Began in France and England.

- The first box of Valentine's candy was in the late 1800's.

- The Duke of Orleans (a frenchman) sent the first Valentine, after being captured in 1415. He sent it on Valentine's Day to his wife. (source: Sunniebunniezz.com)

- "The oldest known greeting card in existence, is a Valentine card made in the 1400's and can be admired at the British Museum (London)." (source: NetOGRAM)

- Commercial valentines were introduced in the 1800's.

Symbols of Valentine's Day:

- Cupid (The Roman God of Love)

- Doves

- Love Birds

- Roses

- Hearts

- Arrows

- Lacy Doilies

Facts About Valentine's Day:

- Over 1 billion Valentine cards are sent in the U.S each year.

- Some of the countries that celebrate Valentine's Day:

The United States

Canada

Mexico

United Kingdom

France

Australia

- Over 50 million roses are given for Valentine's Day each year.

Information retrieved from <http://familyinternet.about.com/library/blvalentinesdayfacts.htm>, January 16, 2005.

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The new year is in full swing and I hope yours is off to a great start! If real estate plans are in your future, or you simply want to know what your home is worth at this time, I am always here to help.

Home 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!

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

Helpful Hints Homeowner Tax Tips

Over 75 years ago the US Government began to offer Homeowners a variety of tax breaks. The following items are commonly used by people who itemize their deductions.

Mortgage Interest—Interest on mortgages secured by real property is deductible. Some interest can also be deducted on a second mortgage or home equity loan.

Property Taxes—These taxes are completely deductible minus special government fees such as water and sewer assessments.

Loan Points—In the year you purchase a home, any loan points paid are fully deductible.

So what's not deductible? Some non-deductible items include homeowner's insurance, home improvement expenses and homeowner/co-op dues. Be sure to consult with your local tax specialists for the most current information.



Health & Safety

Avoiding Auto Burglary

Auto burglaries are on the rise in towns both large and small across the nation. Burglars target anything that appears to have value including wallets, briefcases, CDs, cell phones, spare change, day planners and more. Reduce your chances of becoming a victim by practicing the following tips:

- ✓ Don't leave items out where they are visible, regardless of their value. Be aware that someone may be watching you "hide" valuables under your seat, in the glove box or in the trunk. Hide them before arriving at your final destination.
- ✓ Always lock up. Even if you will only be away for a minute always lock your car, roll-up your windows and take your keys with you.
- ✓ Install an alarm. Alarms are an effective way to deter a burglar because they provide a noisy obstacle that will attract attention.
- ✓ Park safely. Park in well-lit, visible areas and always avoid alleys.
- ✓ Be observant. If you see someone looking in car windows, loitering or other suspicious activity, leave the immediate area and call the local police.

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Lawn Care Tip Of The Month



If you are planting a groundcover under trees with a root system close to the surface, add about 15 centimeters of topsoil along with your 10 centimeters of organic matter. Then spread bone meal at a rate of two kilograms per 10 square meters to promote root development. Turn the bed to a depth of about 20 centimeters (the depth of a garden fork); mix thoroughly, then rake smooth.

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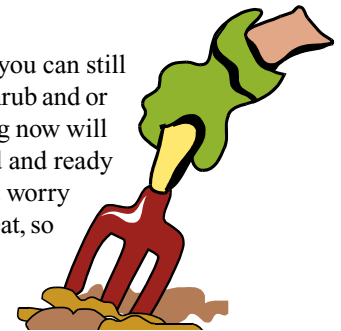
Lawn Maintenance Tips

1) You can start any time and trim back your Crepe Myrtles, between now and end of February. It is best to trim back only what has grown this past year and lightly about no more than 18" inches to 2' ft. And no further, otherwise you lose that multi-trunk tree look. Make sure to remove any rubbing branches and unsightly weak branches and sucker growth. As far as fertilizing the best type is any fertilizer that you would use for Azaleas or Camellias will work just fine, etc.

2) During freezing weather make sure to use a cloth material for covering your plants instead of plastic material, plastic will freeze a plant quicker than conventional cloth. Also always water extremely well prior to any freeze, will also help keep plants from freezing, because the plants aren't under any type of stress, etc.

3) Just because it feels cool and there is no rain doesn't mean that your grass and shrubs are ok, they still need to be watered on a regular basis (unless it is raining), how often is usually 2-times per week and the time it will run would be cut in half or even less depending on location, saturation, and evaporation, etc.

4) Yes even though it is cold you can still plant just about any type of shrub and or tree this time of year. Planting now will help get the roots established and ready for hot summer heat, and not worry about plants suffering from heat, so it is an ideal time to plant.



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Botox May Help People With Movement Disorders

Baylor College of Medicine

HOUSTON – (Jan. 11, 2005) – The long-term effects of botulinum toxin type A (Botox) in patients with severe movement disorders confirm the safety of the toxin's use in controlled dosages, according to a recent study at Baylor College of Medicine in Houston. The study's results are reported in today's online edition of *Movement Disorders*.

The study, in which Dr. Joseph Jankovic, professor of neurology and director of BCM's Parkinson's Disease Center and Movement Disorders Clinic, served as the principal investigator, analyzed the use of Botox in patients with neurological disorders involving dystonia, characterized by involuntary, repetitive muscle contractions. All 45 BCM patients who participated in the study had used Botox for at least 12 years, and some were treated for up to 19 years.

"Botulinum toxin is not only used to smooth out wrinkles but is used to treat very serious and potentially disabling disorders," said Jankovic. "There are virtually a hundred different indications for the therapeutic use of Botox."

Mild side effects, such as transient difficulty swallowing or droopy eyelids, occurred in roughly one-third of the patients over the course of about 16 years. Researchers noticed that a gradual increase in dosage over time resulted in more effective alleviation of symptoms.

When botulinum toxin, one of the most toxic substances known to mankind, is purified and injected in small amounts by a skilled clinician, it relaxes muscle tissue and prevents involuntary muscle spasms. Jankovic and other neurologists at BCM pioneered the use of Botox as a therapeutic method for dystonia patients in 1981. Approximately 3,100 patients have since received Botox at BCM's Movement Disorders Clinic.

"In addition to this report of our longitudinal follow-up we also analyzed the long-term effectiveness and safety of this treatment based on reported studies," Jankovic said.

In that systematic review of 90 clinical studies, in which patients were asked to rate the outcome of their treatment with botulinum toxin type A, patients consistently reported that the treatment significantly improved their ability to function and participate in daily activities, quality of life and their overall satisfaction with treatment. The first-ever review, which included studies across a diverse array of 24 medical conditions and cosmetic uses, was recently published in the peer-reviewed journal *Clinical Neuropharmacology*.

"While we have an enormous amount of data showing that botulinum toxin type A is an extremely safe and effective treatment for a variety of therapeutic and cosmetic uses, the important thing for patients is whether this translates into meaningful improvements in their daily lives," said Jankovic. "Our review makes clear that treatment with botulinum toxin type A accomplishes this across a wide range of chronic and debilitating disorders and conditions."



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For Sale: Maytag Neptune Electric Clothes Dryer; Good Condition; \$150; Call 281-458-2830.

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Reading Activities Help Bring Kids, Families And Communities Together

(NAPSA)-To turn a new page in promoting literacy and a sense of community, communities around the country are creating shared reading activities.

From reading challenges organized by Reading Is Fundamental (RIF) programs to cities reading the same book, many are finding that reading can foster closer communities.

“Reading and sharing stories together not only promotes literacy but is also a wonderful way to build stronger community ties,” said Carol H. Rasco, RIF president and CEO. “Through activities like the Community Reading Challenge, we can bring together readers of all ages to encourage a lifelong love of reading and learning.”

Read With Me: The RIF Community Reading Challenge, presented by MetLife Foundation, is one way communities are coming together. The challenge, which takes place each year in more than 1,000 sites across the country, brings community members, civic leaders, business people, and others into the schools as reading role models and also encourages children to seek reading experiences outside of school.

At Longfellow Elementary School in Rock Island, Ill., for example, the community kicked off their 2004 challenge with a proclamation from the Mayor. Then students took the challenge to the community, setting up a booth in the mall and inviting passersby to read to students. The children also visited a local adult center and invited seniors to read aloud and share in activities.

“Shared reading programs like the Community Reading Challenge provide volunteer opportunities, foster a love of reading in children, and strengthen community connections,” said Sibyl Jacobson, MetLife Foundation president and CEO. “MetLife Foundation is proud to partner with RIF in building a corps of community volunteers who are helping to inspire a new generation of readers.”

Other communities share common experiences by reading and talking about the same book. The “One Book” program, where community leadership selects a book and invites residents to read and discuss it collectively, has gained popularity since Seattle launched the first event in 1998. Today cities from New York to Los Angeles are adopting the trend.

Whatever the method or location—municipal Web sites, community centers, schools, libraries or even places of worship—any community can rally together to share ideas about improving literacy.

To learn more about promoting literacy, the Community Reading Challenge or to volunteer at a RIF site, visit www.rif.org.



Sharing stories helps promote literacy and helps build stronger communities.

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 by the 15th of the month for the upcoming month's newsletter.

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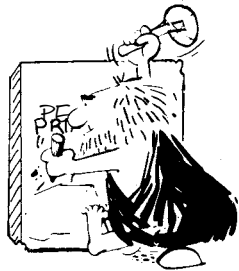
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