

SUMMERWOOD

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Volume 7, Issue 3
Summerwood Community Association
www.summerwood.org

March 2005

SUMMERWOOD CHURCH STARTS WORSHIP

FaithQuest Church, the only church currently in the Summerwood Master Plan, has started Sunday morning worship! The church is currently meeting at 10AM Sunday mornings at North Belt Elementary, on the Beltway in between Wilson Road and Mesa Road. The physical address of the school is 8105 North Belt Drive.

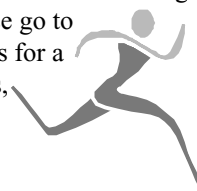
FaithQuest is a new style church, built on small groups - called Quest Groups - that are already meeting in several locations in Summerwood and Atascocita. The Sunday morning worship style is contemporary, multi-sensory, Spirit-filled, and participatory with Scriptural preaching focused on life transformation. There is time set aside each week during worship for Holy Communion, intercessory prayer, and personal reflection as well.

FaithQuest Church is part of the United Methodist denomination.

Come by on a Sunday morning for a visit, or call 281-636-5647 to find out about QuestGroups meeting in Summerwood and Atascocita during the week. Also, you can drive by and see the future church location in Summerwood at the corner of Broncroft and West Lake Houston Parkway. Please visit our web site at www.faithquestchurch.org for more details.

Loop the Lake 5k Run

The 2nd annual Loop the Lake 5k and kids 1k will be held on Saturday, April 30th at 7:30 a.m. in the Wortham Villages neighborhood near US 290 and FM 1960. Please go to <http://www.worthamweb.org> and click on events for a race application and more details. For questions, email loopthelake@houston.rr.com or call Blake Walker at 281-970-0564.



Paper Recycling

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Please bring your newspapers, magazines, mail and clean loose paper to the recycling bin in the large parking lot at Summerwood Elementary. We get paid for the PAPER that goes in to our bin. It helps to supply our staff and students with all of those little extras.

Sorry, we can not take cardboard, boxes or phone books.



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Newsletter each month
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SUMMERWOOD

IMPORTANT NUMBERS

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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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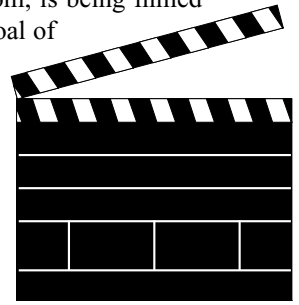
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Videographers Filming In Atascocita For Documentary To Be Aired June 2005

Videographers from Fred Golding Productions were at Atascocita Presbyterian Church (APC) on Sunday, January 30 for taping of a documentary about marriage in the 21st century. One of the APC members, Mark Nystrom, is being filmed as part of the documentary. One goal of the documentary is to tell the story of marriage in the new millennium. The producers have videotaped many aspects of his life, including his faith life. The documentary is scheduled to be aired in June 2005 on NBC or MSNBC in Dateline or a similar program.



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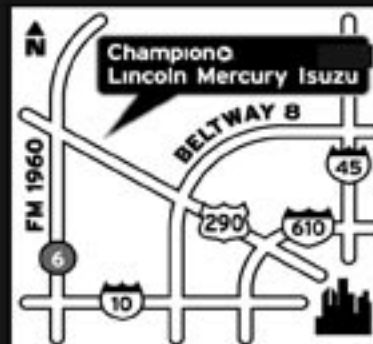
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Summerwood Community Center

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LIGHT REFRESHMENTS SERVED

Summerwoodlife.com For New Homeowners



As a resident of Summerwood, one of the most valuable amenities you are entitled to is **Summerwoodlife.com**, the private, community intranet site, available only to residents. This site allows you to connect with your new neighbors via e-mails and message boards, have access to all the latest news and events on a national, local and community level, keep track of these events through community and personal calendars, access to the community classified section and even the ability to create your own personal home page.

Most important, **Summerwoodlife.com** will make you feel like part of the family. With this technology, neighbors come together through an interconnected lifestyle. It is a great tool for becoming an involved member of the community and to more fully enjoy your life at Summerwood.

After you have closed on your home you can logon to www.summerwoodlife.com and click on "New Resident Registration" and enter the requested information to obtain your username and password. Once submitted, this information will be sent to your Intranet Content Administrator, Patricia Ramos, and you will receive a call or an email with login instructions as soon as this information has been processed. If you prefer, you can call Patricia Ramos to set up your account and to schedule an appointment to pick up your free **Intranet Welcome Kit**. Her number is 281-225-0029 and her hours are 8:00 a.m. - 5:00 p.m., Monday - Friday. Please contact Patricia during regular office hours for any training or help with getting started.

Also, please note that each household can have up to three users but any users under the age of 18 yrs. must have a Parental/Legal Guardian Consent form on file with the Content Administrator

Classifieds

Attention Musicians: We're looking for local musicians in Summerwood to expand a band to play at local functions and the new Methodist Church in Summerwood. Call Kevin Lange (281)225-2327 for details.

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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.

Business Classifieds are \$45.00. Please contact Kelly Peel, kelly@peelinc.com, 512-589-5471.

Parental/Legal Guardian Consent Form

Community Portal Participation

Community Name: _____

Parent's / Guardian's Name: _____

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City/State/Zip Code: _____

Telephone Number: () - _____

ICI Services Corporation ("Provider") adheres to the Children's Online Privacy Protection Act (COPPA). Accordingly, Provider and your Community ("Licensee") require that children under age 18 must obtain and submit written parental / guardian consent to their Community Homeowner's Association before the children can become a registered user of the community Internet Site (the "Site"), use the Site or use the services available on the Site (the "Services").

By signing below, you consent that your children may use the Site and the Service. You further acknowledge that children who register as users of the Site and Service or who use your account to access the Site and/or Service may from time to time be required to provide personal information in connection with using the Site and/or a Service, and you hereby authorize and consent to our requesting, using and in some instances disclosing such personal information from your child or children as set forth in our [Privacy Policy](#). By signing below, you acknowledge that you have received notice of our Privacy Policy, a copy of which is available at on the home page of the Site.

If at any time you wish to withdraw such consent, please notify your Community Homeowner's Association in writing. Provider does not warrant or represent that content available on the Site or the Service is suitable for children under 18 and, therefore, Provider and Licensee strongly recommend that you monitor your child's use of the Site and the Service.

Parent/Guardian Signature

Date

SUMMERWOOD

Health Briefs ~ January 2005

Melting the Chocolate Myth

HOUSTON — If you have acne, don't put away the candy this Valentine's Day. Have your chocolate and eat it, too.

"Despite the belief that chocolate causes acne, there is no scientific basis that proves this theory," said Dr. John Wolf, chairman and professor in the department of dermatology at Baylor College of Medicine in Houston. "Follow a 'common sense diet.' If a particular food affects your complexion, don't eat it."

Acne is a skin condition primarily affecting teenagers and nearly half of all adults. It is most often found on the face, neck, shoulders, upper back and chest in the forms of whiteheads, blackheads and pimples.

Acne is not caused by poor hygiene but rather results from a combination of factors including heredity, hormones, natural bacteria, excess oil production and clogged pores. Other factors that can trigger acne include stress, fatigue and menstruation.

"There is a natural tendency to associate acne flare-ups with something that you ingest, such as a candy bar. It is important to understand, however, that acne goes through a continuous cycle of ups and downs caused by factors often beyond our control," Wolf said.

Not All Fats are Created Equal

HOUSTON – Dietary fat might have a bad reputation among many health-conscious eaters, but certain types of fat are essential to a well-balanced, heart-healthy diet.

"There are some fatty acids that the body does not make that we must get from the foods we eat," said Dr. Rebecca Reeves, a registered dietitian with Baylor College of Medicine's Behavioral Medicine Research Center.

Basically, there are three types of fat monounsaturated, polyunsaturated and saturated.

Monounsaturated fat has been found to actually lower the levels of LDL, or bad cholesterol, when substituted for saturated fat in the diet. An added benefit is that some studies suggest it does not decrease the level of HDL, or good cholesterol. It can be found in olive and canola oil, avocados and nuts.

"While there is good scientific evidence of the benefits of monounsaturated fat, moderation is still the key," Reeves said.

Math Helps Unravel DNA Tangle

HOUSTON – Collaboration between a mathematician who specializes in knot theory and a Baylor College of Medicine virology and microbiology researcher may have solved a mystery at the heart of cancer and infection: how tangled DNA unravels into two single strands in the process of cell reproduction.

"Think about untangling your garden hose in the spring," said Dr. Lynn Zechiedrich, BCM assistant professor of virology and microbiology. "It has been packed away in a small space and everything's all tangled together. It's the same with DNA."

Understanding how cells keep their DNA untangled is important in developing new treatments for cancer and infectious diseases, she says. In both, fast-growing cells that are quite different from the normal cells of the human body threaten to outgrow and overwhelm us. Drugs that interfere with the untangling of DNA attack all rapidly dividing cells, including healthy ones. The rapidly growing cells must have their DNA untangled quickly. The DNA untangling enzymes, which are the targets for many anticancer and antibiotic drugs, are a prime focus of Zechiedrich's work.

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Helpful Hints

Fire Extinguisher Guide

Is your home equipped with a fire extinguisher? In the event of a fire would you know how and when to use it? You and your family should review the following tips.

There are several classes of fire extinguishers that are specifically designed to extinguish different types of fires. To ensure maximum safety, be sure your home has an A-B-C extinguisher that can be used for all fire types.

- ✓ **Class A** – combustible fires such as wood and paper
- ✓ **Class B** – flammable liquid fires such as gasoline, oil, grease and paint
- ✓ **Class C** – electrical fires such as fuse boxes, wiring and appliances

Should a fire occur, remember the P.A.S.S. system. Proper technique is important to properly contain and put out a fire.

- ✓ Pull the pin that locks the operating lever
- ✓ Aim the nozzle or hose at the base of the fire
- ✓ Squeeze the lever above the handle to discharge the extinguisher
- ✓ Sweep the nozzle or hose from side to side moving carefully toward the flames.



Health & Safety

Chicken Handling Tips

Chicken has become one of the most popular and nutritious meals around; however, proper handling is essential. Using common sense and these simple guidelines will ensure your meal is as safe as it is delicious.

Always keep raw chicken refrigerated. If you are not going to cook your chicken within a day, freeze it.

- Discard liquids used to marinate. If you intend to make a sauce from the marinade, boil it for five minute before serving.
- Wash hands, utensils and equipment thoroughly. Carefully clean anything that comes in contact with raw chicken in hot soapy water to avoid cross contamination with other foods.
- Cook chicken until the juices run clear. A properly cooked chicken should have an internal temperature of 160° F for boneless pieces and 180° F for whole birds.



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SUMMERWOOD

Texas Events

Mar. 1-6—HOUSTON: *Les Miserables* Hobby Center for the Performing Arts. www.broadwayacrossamerica.com 713/629-3700

Mar. 1-20—HOUSTON: *The Crucible* Alley Theatre. www.alleytheatre.org 713/228-8421

Mar. 1-20—HOUSTON: Houston Livestock Show & Rodeo Rodeo time is a tradition in Houston and the extravaganza at Reliant Stadium consumes the city. The event kicks off with the rodeo parade and official barbecue cook-off. Includes a carnival and entertainment by music superstars. www.hlsr.com 832/667-1000

Mar. 1-27—HOUSTON: *Cartier Design Viewed by Ettore Sottsass* Includes diadems, brooches, necklaces, rings, bracelets, cigarette cases, writing instruments, precious clocks and watches from various periods in the work of the family company established in 1847. The Museum of Fine Arts, Houston. www.mfah.org 713/639-7300

Mar. 1-Apr. 17—HOUSTON: *Deep Wells & Reflecting Pools* Menil Collection. www.menil.org 713/525-9400

Mar. 1-Apr. 17—HOUSTON: *Double Consciousness: Black Conceptual Art Since 1970* Examines the influence of a number of the critical art movements of the late 1960s on African-American art. Contemporary Arts Museum Houston. www.camh.org 713/284-8250

Mar. 1-May 8—HOUSTON: *African Art Now: Masterpieces from the Jean Pigozzi Collection* More than 200 works by 33 painters, photographers, sculptors and installation artists from 15 countries in Sub-Saharan Africa are included. Museum of Fine Arts, Houston. www.mfah.org 713/639-7300

Mar. 1-May 8—HOUSTON: *Ellsworth Kelly: Tablet* Consists of 188 framed works on paper in various media with each framed object containing two to six sketches. The Menil Collection. www.menil.org 713/525-9400

Mar. 1-May 9—HOUSTON: *Romuald Hazoume: La Bouche du Roi* The exhibition consists of four distinct parts representing 302 slaves and two kings. The Menil Collection. www.menil.org 713/525-9400

Mar. 1-May 22—HOUSTON: *A Portrait of the Artist, 1525-1825* Prints from the Collection of the Sarah Campbell Blaffer Foundation. Museum of Fine Arts, Houston. www.mfah.org 713/639-7300

Mar. 1-Aug. 7—HOUSTON: *Gold! The Natural History of a Golden Metal* Presents the largest and most comprehensive exhibition of gold objects, nuggets and bullion ever assembled. Houston Museum of Natural Science. www.hmns.org 713/639-4629

Mar. 4-6—HOUSTON: *Rock, Roll & Tutus* Includes a new work by Stanton Welch set to Rachmaninoff's "Rhapsody on a Theme of Paganini;" *Rooster* set to the music of the Rolling Stones; and *Suite en Blanc*, an elegant full-company classical work. Wortham Theater Center. www.houstonballet.org 713/227-2787

Mar. 4, 6, 9, 11, 13, 15, 17, 19—HOUSTON: *Lysistrata, The Nude Goddess* Athenian women join the Spartan women in declaring a moratorium on sex to force their husbands to end their fighting. Wortham Theater Center. www.houstongrandopera.org 713/228-6737 or 800/626-7372

Mar. 5-6, 12-13—HOUSTON: 70th Annual River Oaks Garden Club's Azalea Trail Features private homes and gardens, as well as Bayou Bend, Rienzi and the River Oaks Garden Club Forum of Civics Building and Gardens. There is an "Ask the Experts" booth at the Forum of Civics Building and a plant sale at Bayou Bend Gardens Greenhouse. Hours are 11 a.m. to 6 p.m. E-mail: pdtaft@aol.com • www.riveroaksgardenclub.org 713/523-2483

Mar. 9-27—HOUSTON: *Orange Flower Water* Examines the emotional crosscurrents of two married couples and the damage they do in the pursuit of love. Stages Repertory Theatre. www.stagestheatre.com 713/527-0123

Mar. 17-Apr. 3—HOUSTON: *The King & I* Culture-clashes abound in one of Rodgers and Hammerstein's best-loved masterpieces. Features stage and screen star Stefanie Powers. Theatre Under the Stars at the Hobby Center. www.tuts.com 713/558-8887 or 888/558-3882

Mar. 19—HOUSTON: Houston Zoo Go Wild Season Kickoff The zoo's spring season opens with a day of entertainment, games, educational booths, giveaways, an inflatable playground, enrichment programs and keeper chats. 713/533-6531

Mar. 19-20—HOUSTON: 16th Annual Auto Swap Meet Features more than 800 dealers with more than 1 million car parts and accessories, plus all types of classic and antique cars and trucks on display. Traders Village. E-mail: mike@tradersvillage.com • www.tradersvillage.com 281/890-5500

Mar. 19-20—HOUSTON: Camera Show Marriott Hotel-Hobby Airport, Gulf Freeway. 713/868-9606

Mar. 26—HOUSTON: Houston Zoo's Easter Egg Hunt Includes more than 40,000 eggs filled with candy, as well as highly prized golden eggs filled with zoo memberships. Photos with the Easter bunny. Held on the zoo's West Lawn near the John P. McGovern Children's Zoo. 713/533-6531

Mar. 31—HOUSTON: *La Boheme* Opera in the Heights presentation at Lambert Hall. 713/861-5303

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SUMMERWOOD

Creamy Jalapeno Dip

Ingredients:

3 Cups Ranch Dressing
1/4 cup Roasted Green Chilies
1/4 cup jalapeno chilies, pickled or marinated
1/3 bunch fresh cilantro
1/2 Roma tomato, diced

Directions:

Place all ingredients in blender and blend until smooth. Chill and use as a salad dressing or a dip for tortilla chips

Makes 3 1/2 to 4 cups (or about 11 – 13 servings)

Nutritional Information per serving (1/3 cup):

Calories	165
Fat grams	16.9 g
Saturated Fat	2.5 g
Cholesterol	18 mg
Sodium	227 mg
Fat Percentage	92% Calories from Fat

Dangerous Liaisons:

Prescription Drugs, Some Fruits and Veggies Don't Mix

HOUSTON – (Feb. 1, 2005) – Taking prescription drugs? Some over-the-counter remedies, herbal therapies--even vegetables and fruit juices may clash with your doctor's prescription if you're not careful.

"Patients are often unaware that complications can arise when prescription medications are combined with other drugs and certain foods," said Dr. Addison Taylor, professor of medicine, pharmacology, and molecular physiology and biophysics at Baylor College of Medicine (BCM). "It is important for these individuals to alert their health care provider of their dietary patterns and of any additional medications they are taking."

According to Taylor, also chief of the section of hypertension and clinical pharmacology at BCM, complications generally occur for two reasons:

- * The combination of drugs interferes with the body's protective mechanisms, therefore offsetting one of the drug's beneficial effects.
- * Certain substances impede the body's ability to metabolize a drug, causing the medication to rise to potentially toxic levels, or decrease to the point where it is no longer beneficial.

The fact that foods can cause adverse effects may be surprising to some, but Taylor says that these complications are a serious reality. For example, the body's ability to metabolize certain antidepressant medications can be impaired by drinking too much grapefruit juice. Furthermore, the vitamin K in spinach and other leafy vegetables can offset the effects of certain blood thinning medications.

To prevent dangerous drug interactions, Taylor recommends the following:

- * Do not keep medications past their expiration date. Drugs can lose their potency or become toxic after a certain period of time.
- * Read the label and patient information brochures that accompany prescription drugs.
- * Inform your healthcare provider of any additional medications, herbal or nutritional supplements that you are taking, as well as your dietary patterns.

"Pharmacists have at their disposal programs that allow them to view potential interactions between drugs," said Taylor. "However, if they do not know what medications you are taking, they can't advise you appropriately."

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10 Summerwood Community Association Newsletter - March 2005

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Botanical Landscape Designs

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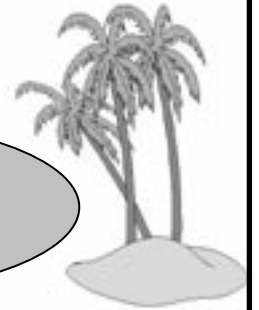


Lawn Maintenance

- Mowing, Weed Eating, Edging and Blowing
- Flower Bed and Shrubbery Maintenance
- Mulching
- Tree Pruning and Removal
- Tractor Mowing Lots and Acreage

Basic Package Includes: Mowing, Weed Eating, Edging and Blowing

.....
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- Custom Pool Landscaping
- Custom Flower Bed Design
- Rock and Brick Borders
- Flagstone and Wood Patios/Walkways
- Irrigation Installation and Maintenance -
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- Landscape Lighting
- Sod Installation
- Water Gardens

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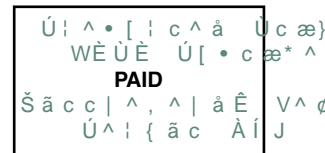
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