SUMMER COD live friendly.

Volume 7, Issue 6 Summerwood Community Association www.summerwood.org

Serengeti Trek Vacation Bible School Where Kids Go Wild!

Start your summer with a great Serengeti adventure at Messiah Lutheran Church's VBS, June 13-17, from 9:00 until Noon. Serengeti is fun for all ages from our youngest group of 3 year-olds

Serengeti is fun for all ages from our youngest group of 3 year-olds to our older groups of 5th grade students. This fun filled adventure at Serengeti Trek will include plenty of action as children will enjoy making crafts, playing exciting games, experiencing stories, eating tasty snacks, and singing catchy songs as they learn about God's love for them. Serengeti Trek is an exciting way to make new friends while learning important lessons of God's love for us.

You can register at Messiah, 11522 Telge Road or call us for a registration form, at 281-890-3013. Children will receive a Serengeti T-shirt, make a different craft each day, receive a Serengeti Trek Bible Book, get daily snacks, and collect Bible Buddies each day to remind them of the daily treasure verse. CD's and Tapes of the songs that will be learned are also available. As always, scholarships are offered; just let us know when you register that you would like to be considered for one. We encourage you to register early; do not let your children miss out on this great adventure.

On Friday evening, June 17, there will be a special closing program to celebrate the end of a fun filled week. The children will sing some of the new songs they have learned and share some of their favorite memories from the week. We encourage family and friends to join in this celebration.

We look forward to seeing you at Messiah the week of June 13-17 from 9:00 AM until noon. Reserve your spot today and bring a friend!

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are 6 PM on Saturday evenings (a casual service of song and sacrament), and traditional worship at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org . All people are welcome at Messiah.



June 2005

SPRING INTO HEALTH COMMUNITY BLOOD DRIVE & HEALTH FAIR

(Houston, Texas—June 16, 2005) Come out and be a part of this effort toward a healthier community. You will be exposed to better diet tips, a variety of screenings, community resource guides, children's attractions and a community blood drive.

The Health Fair & Blood drive will take place on Thursday, June 16, 2005 at Kindred Hospital Houston Northwest, 11297 Fallbrook Dr., in the 290/1960 Jones road area. For more information please call 281-517-1008.

Health screenings will include blood pressure, blood sugar testing, cholesterol, body fat, bone density, pulmonary function testing, vision screening, children's fingerprinting, child car seat safety check, fire safety, breast cancer awareness, Heart health, pet safety, pool safety, women's health, foot screenings, dental health, children's games and much more.

All attendees will be eligible for one of many door prizes. Please join us in donating the gift of life if you are in general good health and over 17 years of age.



View the Summerwood Community Association Newsletter each month online at www.PEELinc.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency Situations						
Harris County Sheriff's Dept. (Dispatch)						
Constable - Precinct 3						
Sheldon Road VFD (Dispatch)	.281-847-3300					
South Lake Houston EMS (Dispatch)	.281-459-1277					
Dead Animal Pick-Up (Precinct 1)						
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)						
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						
Association Managment, Inc.	.281-358-9090					
(Homeowners Association)						
700 Rockmead, #205; Kingwood, TX 77339						
After Hour Emergency	.713-932-1122					
SCHOOLS						
Summerwood Elementary	001 (11 0000					
POST OFFICE						
Post Office						
Post Office 9604 Mesa Drive; Houston, TX 77078						
Post Office 9604 Mesa Drive; Houston, TX 77078 NEWSLETTER PUBLISHER	.713-631-2098					
Post Office 9604 Mesa Drive; Houston, TX 77078 NEWSLETTER PUBLISHER Peel, Inc. / Quality Printing	.713-631-2098 .806-385-6444					
Post Office 9604 Mesa Drive; Houston, TX 77078 NEWSLETTER PUBLISHER	.713-631-2098 .806-385-6444 s@Peelinc.com					

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

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.)

KELLY PEEL Sales Representative

-

> PH. 512-589-5471 Fax 800-687-6444 kelly@PEELinc.com

Peel, Inc. Printing and Publishing

P.O. Box 886 200 E. Waylon Jennings Blvd. Littlefield, Texas 79339

PH. 806-385-6444 Fax 806-385-5234



Your child's imagination doesn't take the summer off.

Call or visit www.primroseschools.com to learn more about our summer programs for your child.

Primrose School at Summerwood

14002 W. Lake Houston Pkwy. | Houston, TX 77044 | 281.454.6000 www.myprimroseschool.com/summerwood

Each Princess School is principly mented out appended. Princese Schools, Balanced Laarning and The Laader in School and School Collaboration of Princess School Francesson, Collaboration, School Francesson, Coll

Primrose Schools

SUMMERWOOD

Kitchen Quickies Celebrate Cuban Cuisine

(NAPSA)-Tampa's cuisine reflects its location and heritage with local specialties like fresh seafood and Cuban fare. But the king of all Tampa eats is the Cuban sandwich, which the Columbia Restaurant has been serving since its days as a lunch spot for Ybor City's cigar factory workers. This year, the restaurant celebrates 100 years of fine Spanish/Cuban cuisine.

Cuban Sandwich Columbia Restaurant Recipe

Ingredients

- 10 inch loaf of Cuban bread
- 4 thin slices smoked ham
- 2 thin slices fresh pork ham
- 2 slices Genoa salami, cut in half
- 2 slices Swiss cheese
- 3 sour pickle slices (may also use dill) Yellow mustard



Preparation

Slice bread down middle lengthwise. Layer ingredients to cover bottom half of bread in the following order: ham, pork, salami, cheese and pickles. Spread mustard on top half of bread. Cover bottom half and slice sandwich diagonally. Heat in oven or serve at room temperature.

For more information, go to www. VisitTampaBay.com.

LAKEWOOD CRUSADERS

New Beginnings Bible Study

Friday - June 17, 2005 7:30P.M. - 8:30P.M. Summerwood Community Center

ALL ARE WELCOME INCLUDING CHILDREN LIGHT REFRESHMENTS SERVED

Classifieds

For Sale: Maytag Neptune Electric Clothes Dryer. Excellent Condition. \$100 or best offer. Call Ramona at 281-458-2830.

While you're away where will they stay? Keep them at home with a professional pet sitter. Pet Sitting • Dog Walking Pet Taxi • House Sitting Property Management Pet Waste Clean-up & Removal

When you keep your pet at home you reduce stress by maintaining a familiar, secure environment, including a consistent diet and exercise routine. The TLC your pet receives while you're away will provide you with peace of mind knowing your pet is happy and secure at "home". Pet sitters can provide additional home services while caring for your pet, such as watering plants and bringing in the mail –presenting a lived in appearance as a crime deterrent.



email: info@houstonpetconcierge.com www.houstonpetconcierge.com

Insured • Bonded • Pet First Aid & CPR Certified • Credit Cards Accepted Member of National Association of Pet Professionals and Pet Sitters International





Tracy Montgomery Keller Willams Realty



www.har.com/tracymontgomery

Cell: 713-825-5905 tracymontgomery@realtor.com

hope you're enjoying these warm summer months! Many families plan their moves while the kids are on vacation – do you know of anyone that may need my assistance with buying or selling their home? 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 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!

Your referrals mean the world to me. If you've worked with me in the past, you have experienced my dedication and commitment to ensuring your home purchase was a smooth and positive experience. I promise to provide that same commitment to excellence for your family, friends and acquaintances. Please tell them about me!

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

Summer Tips for Dog Owners

t's hot out there! Be sure to take extra precautions with man's best friend.

- Walk dogs only when it's cool, either early in the morning or in the evening. To avoid burning their pads, don't walk them where it would be too hot for you to go barefoot, such as sand or sidewalks.
- If you have to keep the dog outside, be sure there is plenty of shade and plenty of sources of water that won't tip over. You might even consider a small plastic pool a dog could splash in. And if you have a swimming pool, make sure to train the dog to be familiar with the location of the stairs.
- In July, since fireworks and thunderstorms can scare dogs, keep them inside with a radio playing on low.
- Never keep a dog in a parked vehicle when the outside temperatures are above 80°F. It can be deadly. Never travel with a dog in the back of a pick-up truck. Their paws can be burned on the bare metal and the animal can easily fall or slide out.
- Watch for signs of heat stroke: vomiting, glazed eyes, and disorientation. Move the animal to a cool spot and apply ice packs to its head, neck and chest. Administer small amounts of water or ice cubes and rush your dog to the veterinarian.

Health & S

Emergency Action For Choking eeing someone choking can be alarming. To be an effective aid to the

eeing someone choking can be alarming. To be an effective aid to the person in need, remain calm and do the following:

1. Encourage hard coughing; this may be enough to clear the airway.

 If the victim cannot cough, help to bend him over until his head is lower then his lungs. Slap him sharply with the heel of your hand between the shoulder blades. Repeat if needed.

> Once the obstruction is dislodged, hook it with your finger, being very careful not to push it back down the throat.

4. Try the Heimlich Maneuver: Clasp the victim from behind and place your fist between the navel and sternum. Grasp your fist with your other hand and give four quick thrusts by squeezing and pulling inward and upward into the abdomen. This usually forces the object out.

Copyright © 2005

Jecas Events

June 1-12—HOUSTON: Reflected Light: The Art of Mary Shaffer Presents an exhibition of intriguing glass installations by this internationally acclaimed artist. Houston Center for Contemporary Craft, 4848 Main St. E-mail: hccc@crafthouston.org • www. crafthouston.org 713/529-4848

June 1-Jul. 4—HOUSTON: Notes from a Child's Odyssey: The Art of Kermit Oliver Oliver blends contemporary and classical elements to create a unique vision of the world in a style of painting he calls "symbolic realism." The Museum of Fine Arts, Houston. www.mfah. org 713/639-7300

June 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

June 1-Sep. 7—CLEAR LAKE AREA: That's Really Weird! Takes a broad look at weird and unusual events and items in outer space. Space Center Houston, 1601 NASA Road 1. www.spacecenter.org 281/244-2100

June 2, 9, 16, 23, 30—KEMAH: Rock the Dock Concert Series Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880

June 3-5—HOUSTON: Spring Repertory Program Includes the premiere of Sandpaper Ballet and the classic The Firebird. Wortham Theater Center. www.houstonballet.org 713/227-2787

June 4—GALVESTON: AIA Sandcastle Competition More than 75 teams build extravagant sand sculptures and castles utilizing wit, imagination and their finest sand-sculpting skills. East Beach on Galveston Island. 713/520-0155

June 4—GALVESTON: Artwalk Wine stroll takes people through art galleries, antique shops and boutiques. Historic Strand District. 409/763-2403

June 9, 11-12, 17-19—HOUSTON: Maninyas & Giselle Maninyas is an intimate abstract work about relationships. Giselle tells of a beautiful peasant girl who falls in love with a young aristocrat disguised as a commoner. Wortham Theater Center. www.houstonballet.org 713/227-2787

June 11—KEMAH: Classic Car Show See automobiles from the 1920s through the 1970s. Kemah

June 17-19—GALVESTON: The Jubilee Banjo Band — Celebrates Texas High-energy show band presents a performance to "put a smile on your face, a tap in your toe and a song in your heart." The Grand 1894 Opera House. www.thegrand.com 409/765-1894

June 19—GALVESTON: Juneteenth Celebrates African-American freedom and emphasizes education and achievement. Includes Freedom Celebration Parade, Annie Mae Charles "Young Folks Picnic," arts show/block party and fireworks. Galveston Island. 409/744-1491

June 19—HOUSTON: Juneteenth Celebration Event includes blues, gospel and jazz performers, along with a variety of activities aimed at raising awareness of African-American heritage. Miller Outdoor Theatre in Hermann Park. www.milleroutdoortheatre.org 713/284-8350

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

Show yourself off this summer.



This summer take time for yourself with 30-minute fitness and sensible weight loss at Curves. Right now if you join Curves you can split the service fee with any friend. Over 4 million women have found success at Curves. You can too.



The power to amaze yourself.*



Copyright © 2005 Peel, Inc.

SUMMERWOOD

Benign Blood Disorder Treated With Minimally Invasive Surgery

HOUSTON-(May 6, 2005)-"Hands-free" or laparoscopic removal of the spleen may be the best treatment option for individuals with certain blood disorders, say experts at Baylor College of Medicine (BCM) in Houston.

Immune Thrombocytopenic Purpura (ITP) is a blood disorder in which the body's immune system attacks and destroys blood platelets, cells that prevent bleeding by forming blood clots. Due to the decrease in blood platelets, individuals with ITP often bruise and bleed easily. Because the spleen is the main sight of platelet destruction, removal of the spleen, a procedure known as a splenectomy, is often necessary. According to experts, ITP, which tends to affect younger women, is the most common cause of a splenectomy.

Traditionally, splenectomies have been performed through open surgery, an invasive procedure that prolongs hospital stay and recovery. Recently, however, a laparoscopic method of the surgery has gained popularity.

"A splenectomy is a procedure that is ideally suited to be done laparoscopically," said Dr. John Sweeney, associate professor of surgery and chief of the General Surgery Division of the Michael E. DeBakey Department of Surgery at BCM. "Unlike other procedures that remove and reconstruct tissue, a splenectomy only entails extraction of the spleen." The spleen, which is located under the left rib cage, has several functions. It acts as a filtering system for the body by destroying foreign particles in the blood and also protects the body against certain bacteria. Although the body benefits from these purposes, Sweeney, who currently performs 30 splenectomy procedures laparoscopically at BCM each year, says patients can live a normal life without a spleen.

"The body's other immune systems will compensate for the spleen's absence, he said. "However, patients must be vaccinated against certain infections before surgery."

During the operation, four small incisions are made under the left rib cage. Using long surgical instruments, a camera and a video monitor, the spleen is removed and the incisions are closed.

"The patient is usually required to stay in the hospital for a couple of days, but is back to normal activities within a couple of weeks," said Sweeney.

Business Classifieds

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



Walden on Lake Houston Country Club

Encourages Residents Of Summerwood To Join as Full Golf Members

REASONS TO CONSIDER MEMBERSHIP

- 1. Only a five-minute drive to your first drive.
- 2. Private Country Club
- 3. An Arnold Palmer Facility
- 4. Challenging Devlin-Von Hagge course with Champions Bermuda greens.
- 5. Full Fitness, Pool and Racquet Facilities.
- 6. Golf and Tennis clinics for all ages.
- 7. Award Winning Chef

8. Beautiful Dining room with view of Lake Houston. (Excellent for weddings, parties or member dining)

Summerwood Residents are afforded an opportunity to play the course at no charge.*

Saturday Afternoon June 18, 2005

A limited number of tee times have been set aside for Summerwood Residents. You may book one of these times by contacting Terry McGowan, *Membership Director* at **281-852-3551**

Please address your membership questions to Terry McGowan *Dress Code Applies *A Member of Walden may be paired with you as your host *Limited spots available. Call Terry early to reserve your Tee Time. If you can't play on the 18th,

*Limited spots available. Call Terry early to reserve your Tee Time. If you can't play on the 18th, call for alternate arrangements.

18100 Walden Forest Drive, Humble, Texas 77346





Call 281-812-8260 281-812-8261 **KELLER WILLIAMS Top Producer**



GLENDA BASS

RELOCATION SPECIALIST-WORKS WITH ALL RELOCATION COMPANIES

AGGRESSIVE MARKETING PROGRAM

NANCY'S DIRECT LINE GLENDA'S DIRECT LINE E-MAIL US AT bass@kw.com

281-812-8261 281-812-8260

*DOM

NANCY DILLARD

STREET

Units Sold Volume 20665 W. Lake Houston Parkway Kingwood, Texas 77346

REALTOR® Nancy Dillard and Glenda Bass are specialists in this neighborhood. They can provide you with valuable details about the market history for your particular section. 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. Call today for a free market analysis on your home.

RESALE HOMES SOLD IN SUMMERWOOD IN APRIL. 2005

STREET	SQ.FT	LIST PRICE	SALE PRICE	\$/SQ.FT	*DOM
Chalfield Circle	2016	\$137,500	\$135,000	\$67	87
Meredith Gate	2197	\$141,500	\$142,100	\$65	14
Red Mulberry	2404	\$164,400	\$161,000	\$67	36
Blisswood	2737	\$179,900	\$173,000	\$63	54
Southern Magnolia Cir.	2575	\$194,000	\$194,000	\$75	71

RESALE HON	IES PENDING C	LOSING IN SUMN	AERWOOD
SQ.FT	LIST PRICE	SALE PRICE	\$/SQ.FT
-			

SIREEL	5Q.F I		SALL I KICL	ψισχιτι	DOM
Cambridge Eagle	2056	\$179,900	Not Known	\$88	16
Red Mulberry	2860	\$169,900	Until Closing.	\$68	36
Blisswood	3914	\$259,900		\$66	104
Rock Dove	3410	\$259,950		\$76	12
Lady Jane Ct.	2748	\$170,000		\$62	252
Blisswood	4433	\$299,900		\$68	47
Barbstone	4070	\$328,000		\$81	116
Eastern Redbud	2127	\$150,000		\$71	25
Summerwood Lakes	2660	\$205,900		\$77	97
Chartley Falls	3082	\$259,900		\$84	191
Sandhill Crane	3166	\$285,000		\$90	67
Hunters Lake Way	3787	\$318,855		\$84	235
Windy Stream	4193	\$361,665		\$86	19

RESALE HOMES LISTED FOR SALE IN SUMMERWOOD

STREET	SQ .FT	LIST PRICE	STREET	SQ.FT	LIST PRICE	
Cambridge Eagle	2404	\$141,000	Eastern Redbud	2428	\$179,900	
Wadlington	2173	\$159,900	Southern Magnolia	2177	\$164,900	
Yaupon Holly	2162	\$155,000	Lady Jane Ct.	2585	\$169,900	
Meredith Gate	2542	\$163,900	Kings Head	2545	\$175,000	
Kings Head	2448	\$174,321	Summerwood Lakes	2710	\$200,000	
Summerwood Lakes	3524	\$272,500	Ryaneagles	2829	\$224,900	
Blisswood	3176	\$219,000	Sandhill Crane	2980	\$232,400	
Hartshill	3582	\$239,900	Chartley Falls	3503	\$299,900	
Tealstone Falls	2975	\$258,900	Jessica Falls	2796	\$270,900	
Sandhill Crane	3166	\$225,000	Blisswood	3324	\$295,000	
Coopers Hawk	3200	\$294,000	Barbstone	2875	\$204,900	
Chartley Falls	2905	\$319,000	Winding Manor	3335	\$274,900	
Windy Stream	3902	\$349,000	Lampson Manor	3883	\$418,000	
Chartley Falls	3627	\$399,000	Cambridgte Eagle	2478	\$159,900	
Eastern Redbud	2209	\$164,900	Red Mulberry	2810	\$176,900	
Bufflehead Ct.	2344	\$177,000	Red Tailed Hawk	2386	\$179,900	
Bentridge	2521	\$194,750	Red Tailed Hawk	1905	\$179,900	
Bentridge	2794	\$195,000	Chalfield Ct.	2750	\$189,900	
Parsons Glen	2410	\$204,159	Yaupon Holly	2858	\$205,900	
Wood Stork	3237	\$264,900	Tutbory Circle	3479	\$264,900	
Castlecombe	3094	\$279,900	Stone Gables		\$289,900	
Jessica Falls	2796	\$305,012	Stone Gables	3447	\$319,024	
Stone Gables	4335	\$386,000	Chartley Falls	3357	\$424,900	
*DOM – Days on the market from listing to pending.						

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.

Please support the businesses that advertise in your newsletter. Their advertising dollars make it possible to provide your newsletter to all the residents in your subdivision at no charge. No homeowners association dollars were used to produce this newsletter.



Copyright © 2005 Peel, Inc.

Summerwood Community Association Newsletter - June 2005 9



SUMMERWOOD

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 newsletters by advertising, please contact Kelly Peel; 512-589-5471; kelly@Peelinc.com. The deadline for ads is the 10th of each month.

Articles in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or any of its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. Federal Copyright Laws prohibit the reproduction of previously published materials which include newspaper articles, magazine articles and web page articles without the original author's expressed written consent. Please do not submit articles which are in violation of this law.

COOL SUMMER



Fresh Broccoli Salad

l bunch fresh broccoli
6 green onions
½ lb. fresh mushrooms
1 (2 oz.) jar pimentos
1 green pepper
1 tomatoe
1 cucumber
Salt & Pepper
1 (8 oz.) can water chestnuts (drained)
1 (8 oz.) bottle Zesty Italian salad dressing

Chop vegetables. Add salt, pepper, and salad dressing. Chill 8 hours or overnight.



Seven Layer Salad

Layer following vegetables in 8 x 10 dish in this order:

1 head lettuce, broken up

1 cup chopped celery

1 small can sliced water chestnuts, drained

1/2 C green onions, thinly chopped

box frozen English peas (do not cook)
pint real mayonnaise (spread over top)

6 oz. grated cheddar cheese

Cover and refrigerate 24 hours. Crumble 6 piece of fried bacon on top.



Lose 24 lbs. in 12 weeks... Are You Interested?



QLS Family Fitness will teach you the skills and steps that will put YOU in control of your weight. No points to count or packaged foods... Simply an emphasis on how, what and when to eat, and how to grocery shop in the real world.

For more information on this incredible program, simply contact our Fitness Director Allison Landry. (281) -812-6963

<u>SUMMERWOOD</u>



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.



Presorted Standard U.S. Postage **PAID** Littlefield, Texas 79339 Permit #59

T Voice 806-385-6444

Swww.PEELinc.com