

SUMMERWOOD

live friendly.



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

July 2005

FAITHQUEST CHURCH HAS MOVED!!

Please join us for Sunday morning worship at 10:00 AM at Atascocita Middle School or come early to visit and enjoy breakfast with your family. You will experience a multi-sensory worship opportunity that allows you to truly feel God's presence while practicing 4 daily habits that will change your life. A professional nursery is available as well as children's ministries during the worship hour. Adults meet in small groups throughout the week to learn God's Word and develop relationships within the church family. FaithQuest church is a new church within the United Methodist denomination.



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

Making Familiar Desserts Special

This delectable cake is made with a dark cocoa.

(NAPSA)-When it comes to making favorite desserts even better, chocolate can really sweeten the deal. The right kind of chocolate can add a delicious twist to most any dessert and help bring smiles to your family and friends.



For instance, home bakers can now use Hershey's Special Dark Cocoa to add a rich, chocolate flavor to their favorite recipes. Crafted using Dutch processing techniques, the cocoa has a deep, dark color and smooth, sophisticated taste. It can be substituted for regular cocoa in many cakes, cookies, pies and desserts that call for cocoa. In particular, this recipe may become one of your favorites.

Hershey's "Especially Dark" Chocolate Cake

- 2 cups sugar
- 1 3/4 cups all-purpose flour
- 3/4 cup Hershey's Special Dark Cocoa
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water

"Especially Dark" Chocolate Frosting (recipe follows)

1. Heat oven to 350° F. Grease and flour two 9-inch round baking pans.
2. Combine dry ingredients in large bowl. Beat in eggs, milk, oil and vanilla on medium speed of mixer 2 min-

utes. Stir in boiling water (batter will be thin). Pour into prepared pans.
3. Bake 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely. Frost with recipe below. Serves 10 to 12.

Hershey's "Especially Dark" Chocolate Frosting

- 1/2 cup (1 stick) butter or margarine
- 2/3 cup Hershey's Special Dark Cocoa
- 3 cups powdered sugar
- 1/3 cup milk
- 1 teaspoon vanilla extract

Melt butter. Stir in cocoa. Alternately add powdered sugar and milk, beating to spreading consistency. Add small amount additional milk, if needed. Stir in vanilla.

About 2 cups frosting.

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 Managment, 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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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 - July 15, 2005

7:30P.M. - 8:30P.M.

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Camp Hope Comes to Cypress

Messiah Lutheran Church is hosting three weeks of a Christian day camp called Camp Hope. The camp runs July 11-29; participants may sign up for one, two, or all three weeks. Children in kindergarten through sixth grade are invited to attend. The campers have full days of crafts, stories, games, and songs. This is Messiah's sixth year to host Camp Hope; the counselors and small group leaders have received extensive training. Call the church office for fee schedules; limited scholarship money is available. The camp offers extended hours for working parents. The community is invited to share in this exciting program.

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.

SAFETY TIPS

Play it Safe In The Sun

(NAPSA)-When the weather's warmer and more and more time is spent outdoors, an association that works to help people live better and save more says heed these tips on how to play it safe, while having fun, in the sun.

- Use a sunscreen with an SPF of at least 15-most doctors recommend using SPF 30. Apply 30 minutes before sun exposure.
- Reapply your sunscreen every 45 minutes to an hour, especially if you have been perspiring or in the water.
- Some medications, including acne medication and oral contraceptives, can increase skin's sensitivity to the sun. Check with your doctor to see if this is a side effect of a medication you are taking. If so, use extra caution in the sun.
- Steer clear of tanning beds which have damaging effects on your skin, similar to the sun. Luckily, a wide variety of quality sunless tanners are now available.

The Alliance for Affordable Services uses its group buying power to attack soaring health care costs through wellness programs, information, legislative advocacy and incentives to control medical costs.

For more details, visit www.AffordableServices.org or call 800-733-2242.

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Do Your 'Homework' Early Before Traveling Abroad

Baylor College of Medicine

HOUSTON – (June 17, 2005) – Headed to a tropical resort or for an exotic safari? Learn about possible health risks before skipping town, say physicians at Baylor College of Medicine (BCM) in Houston.

"There are many differences in terms of health risks based on what part of the world you are visiting, how long you will be gone, and what types of activities you are doing," said Dr. James Kelaher, assistant professor of medicine and director of occupational health at BCM. "Even within a small region, there can be big differences regarding health safety risks between cities and rural areas."

International travelers should consult their primary care physician or a local clinic with a travel center. Kelaher also recommends doing research about health safety in the region of interest.

"There can be outbreaks like polio or malaria in some parts of the world that vary in intensity at different times the year, so you need to get the latest information," Kelaher said.

In addition to reading up on infectious disease, travelers must prepare for injuries they could sustain from motor vehicle accidents and other health and safety hazard risks. Some health services may not be available at hospitals or clinics where they are heading.

Kelaher recommends that the following steps be taken before departing:

- Consult the Center for Disease Control (<http://www.cdc.gov/travel>), which offers detailed resources that assess varying health risks in different parts of the world.
- Check in advance on visa and admission requirements of the country you plan to visit. Some vaccines and health services may be required for entry.
- Consider getting health insurance for traveling abroad. Many health services overseas are expensive and available on a cash-only basis. Also, insurance companies are often limited to reimbursement of out-of-pocket expenses after the fact rather than direct correspondence with foreign hospitals.
- Assemble a "traveler's pack" with medical supplies such as additives that can purify water. While overseas, drink bottled water, and find out how your food is washed and handled.

Above all else, Kelaher recommends that travelers not wait until the last minute to get immunized.

"Some vaccines are hard to find, and others can be a multi-shot series that may take months to be fully immunized," said Kelaher. "As soon as you know where and when you are going, get your vaccine records together and contact your doctor. Good planning helps."



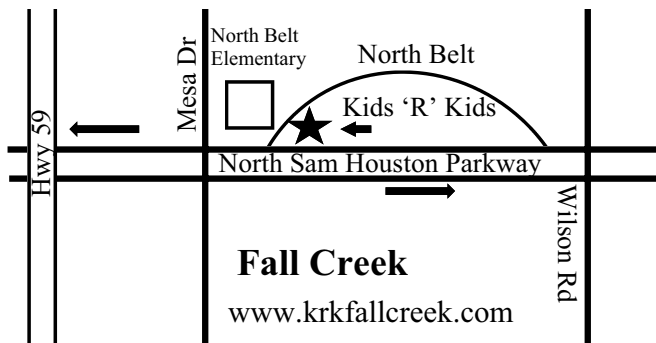
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Protecting Your Back at Work

Back pain is one of the most common medical problems in the United States. The cause is often poor posture and body mechanics in the workplace. A supervised program of back protection and exercise may be the key to alleviating and even preventing such problems.

Correct posture and body mechanics play a vital role in preventing back pain because pressure on the discs and strain of the muscles, ligaments and back joints is aggravated by incorrect posture and body mechanics. At the same time, when your posture is good and you move your body correctly, you reduce the strain on your back.

SITTING DOWN ON THE JOB

Sitting is often the greatest cause of back pain. When sitting either in a relaxed position, driving, or while at work, support your lower back. Use a rolled towel, small pillow, or a specially designed seat support, available at medical supply stores. Remove this low back support every half hour for five minutes to give your lower back a change of position. Your head should be positioned so that your ear is in a line with your shoulder and your chin is parallel with the floor.

Avoid leaning to one side when you are sitting, and avoid overstuffed furniture as it does not offer adequate support.

When working at a desk, your chair should be pulled close to the desk. An office chair with short arm rests will allow this. Office chairs should also have adjustable height, back rests and seats. The back rest spring should be adjusted so that the back rest moves with you. A seat that tilts forward is a particularly useful feature.



Use a swivel chair to enable you to work without twisting your back. Place objects such as adding machines and computers as close to you as possible to minimize the amount of twisting and turning you need to do.

When you lean forward at your desk, bend forward at the hips instead of rounding your lower back. This will allow you to keep your back straight and in good alignment.

TALKING ON THE PHONE CAN BE A PAIN IN THE NECK

Holding the phone between your ear and shoulder is a common cause of neck pain. Use a clipboard to hold your papers down so that your hands are free. Special phone adapters also are available.

After sitting for a prolonged period, it is helpful to straighten your back to an upright position and, if possible, stand and walk for awhile.

DON'T FORGET EXERCISE

Appropriate exercise, done regularly, will provide the strength and flexibility in the muscles of your legs and back that you need to help avoid excessive strain and possible injury. Some forms of exercise, such as yoga and tai chi, may help relieve or prevent back pain by increasing flexibility and reducing tension. These exercises should not be done, however, if they are uncomfortable or place a strain on the back. And don't neglect strength training; strong abdominal, back and leg muscles play a vital role in helping you maintain good posture and body mechanics.

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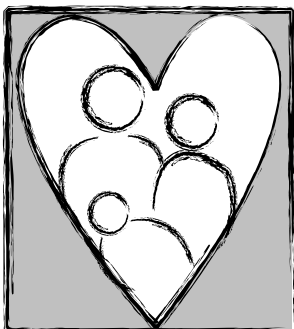
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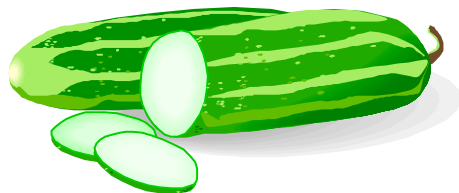
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 1/2 medium onion, sliced
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 1/3 cup sugar
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 Salt
 Pepper

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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.



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. 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

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Kids And Canines: What Every Child Should Know

(NAPSA)-A dog's wagging tail and soft, fluffy ears can be as irresistible as the forbidden cookie jar to a child. But while the family pet is tolerant and patient with your child, other dogs may not be. So it's important to teach your child how to behave safely around all dogs.

"Most of the time dogs and kids make great companions," says canine behavior expert Dr. Mary Burch. "However, sometimes dogs can view a child as 'one of the pack' and play rough, or misinterpret a child's actions as threatening."

The American Kennel Club advises parents to teach their young children how to treat all animals with care and consideration, and how to steer clear of potentially dangerous situations.

What Kids Need To Know:

- Always ask a dog's owner if you may pet the dog. Some dogs shouldn't be touched. He may be "on duty" as a service dog or he may be ill or afraid of children.
- Approach a dog from the front or side-not from behind. Hold your hands low and speak softly. Do not surprise a dog, force him into a corner, wave your hands or scream at him.
- Dogs may get defensive at the food dish. Don't interfere when a dog is eating and never put your hands between a dog's mouth and his bowl.

- Some dogs are very protective of their balls or chew toys. Never take a bone or toy from a dog's mouth unless he's trained to drop it or give it to you.
- Avoid teasing, rough wrestling, or tug-of-war games. Dogs may get too enthusiastic and forget you are not a dog. Fetch, frisbee and agility are better outlets for your dog's energy.
- Respect a dog's space. Dogs naturally defend their territories. Do not stick your hand inside a strange dog's crate or car window.
- Never try to break up a dogfight. Trying to separate fighting dogs may make them more excited, and they might turn on you or accidentally bite you. Call an adult for help.
- Observe canine body language. Beware of a dog that is barking, growling or showing his teeth. Stay away if his ears are back or his hair is standing up on his back. Say "NO" firmly and slowly walk away with your arms by your side. Do not scream, stare into his eyes or run away.

Teaching parents and children how to behave safely around dogs is at the heart of AKC Responsible Dog Ownership Day. Please join the AKC and more than 400 affiliated clubs and organizations in September to celebrate. Visit www.akc.org to find an event near you.



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

Helpful Hints

Tire Pressure is Important

Test your car tires weekly with a dial-type gauge (gauges without dials are often inaccurate). Studies show that most cars have two or more tires that have low air pressure causing poor fuel mileage, unsafe handling, excessive wear and heat buildup. All these problems can cause early tire failure. Correcting tire pressure before taking off on that long summer trip can knock as much as 3% off fuel bills.



Source: The Durability Factor edited by Roger B. Yepsen Jr., Rodale Press, Emmaus, PA

Health & Safety

Barbecue Safety

Use these safe and practical tips for having a fun and healthy barbecue! In order to avoid food poisoning, be sure to marinate all meats and vegetables in the refrigerator (not on the counter), and place any meat that has been partially cooked or boiled straight onto the grill.

If it is not possible to grill pre-cooked meat right away, be sure it was cooked at a high enough temperature to kill bacteria, then put it straight into the refrigerator.



Be sure to wash all plates, utensils and surfaces that have come into contact with raw meat.

Cook meat to medium or well done. Leaner cuts of meat are recommended for grilling, as fat tends to burn, and charred meat has been linked to cancer.

Keep vegetables intended for grilling separate from raw meat to avoid contamination.

Avoid using chemical charcoal fluids, which are bad for the environment. Instead, try electric or other fire starting devices, or consider a gas grill.

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