

# SUMMERWOOD

## live friendly.



Volume 7, Issue 8  
Summerwood Community Association  
[www.summerwood.org](http://www.summerwood.org)

August 2005



### Clean Better

(NAPSA) Removing that stubborn shower stain, the streaks on your windows and the soapy film on your kitchen floor may be easier with some tips from an expert.



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### Light And Easy Lemonade Cake

(NAPSA) This year's most popular cake at the block party could be the one that tastes like fresh lemonade and blueberries. It may well be the one everyone wants to try and, even better, it is low fat.

It begins with a great tasting fat-free blueberry muffin mix, so it's a breeze to make. All you add is lemonade concentrate, water, an egg and freshly grated lemon zest. The cake bakes up with a light texture and a tasty golden top.

Because it packs well and is so delicious, you'll have it made-in-the-shade when you bake it for warm weather picnics and potlucks.

Fresh, lemony and good to go, it may well become everyone's hands-down favorite. So when life hands out lemons, just make Blueberry Lemonade Cake.



Preheat oven to 350F. Drain and rinse blueberries and place on a paper towel to drain; set aside. Place muffin mix, lemonade concentrate, water, egg and lemon zest in medium bowl. Stir together until moistened, about 40 strokes. Gently fold in drained blueberries. Spoon batter into lightly greased, 9-inch round cake pan. Bake 27-32 minutes or until toothpick inserted into center comes out clean. Cool 10 minutes; remove from pan. Cool completely. Dust with powdered sugar and serve with fresh blueberries, if desired.

#### Low Fat Blueberry Lemonade Cake

- 1 package Krusteaz Fat Free Blueberry Muffin Mix (1 pouch muffin mix and 1 can blueberries)
- 1/2 cup lemonade concentrate
- 1/2 cup water
- 1 egg
- 1 teaspoon finely grated lemon zest
- powdered sugar (optional)
- fresh blueberries (optional)

\*Nutrients Per Serving (1/8 cake): Calories 220, Total Fat 1.5g, Sat. Fat 0g, Cholesterol 25mg, Sodium 440mg, Total Carb. 50g, Dietary Fiber 3g, Protein 3g

\*Nutrient contribution from optional ingredients not included.

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# SUMMERWOOD

## IMPORTANT NUMBERS

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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.)	

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(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
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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](http://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 - August 19, 2005*

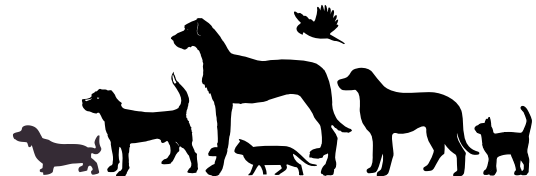
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## Aug 7-9 Lecture Series At Atascocita Presbyterian Church

On Sunday, August 7 through Tuesday, August 9, Atascocita Presbyterian Church will be hosting a summer lecture series entitled God: The Beginnings. The special guest speaker is Rev. Dr. Eugene C. McAfee, Pastor of Faith United Church of Christ in suburban Cleveland, Ohio.

In this thought-provoking series, Dr. McAfee will lead a study and discussion into the development of our understanding of God from its roots in ancient Syria-Palestine to its development in the New Testament period and beyond, and how that understanding has shaped our world today. Some of the questions the lecture series will examine include: Did Jesus worship the same God Christians worship? Why is sacrifice central to western religious thought? Will Christians ever be able to get along?

Dr. McAfee holds a double degree in Journalism and Religious Studies from



Indiana University, a Masters of Divinity from Yale Divinity School, and a Doctor of Theology from Harvard Divinity School. Dr.

McAfee also taught undergraduate courses at Harvard on religion and film, as well as on the origins of God. He served for two years as the Assistant Minister at the High Kirk of St. Giles, Edinburgh, Scotland, and three summers as the Minister at the Memorial Church, Harvard University.

The lecture series takes place from 6:30pm until 7:30pm each night.

Dessert and fellowship will take place following each discussion. The lecture is free to attend, and child care is provided each night. Please call 281-852-8990 to register for the event. Also a special dinner celebrating the event will take place at 5:45pm on Aug. 7, which costs \$5.00 for adults and \$3.00 for children to attend. Advance reservations are needed to attend the dinner.



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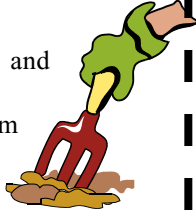
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# SUMMERWOOD

## Garden Tips of the Month

- Watch for grub worms & chinch bugs in lawns. This is the time they can do real damage.
- Prune your roses back by a third.
- Remove any damaged wood from shrubs and trees.
- If you have fruiting vegetables, fertilize them after the first fruit has set.
- Discard bedded annuals and refurbish the soil.



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*Holy Trinity Episcopal School would like to welcome a new full time staff member, Mr. Paul LaBonte, PE & Athletic Director.*



Paul has a Bachelor of Arts from Houston Baptist University and a Master of Divinity from Southwestern Baptist Theological Seminary. Paul will concentrate efforts on developing the athletic program that he began this year by sponsoring track and basketball. He is already planning next year's team competitions with North Houston Athletic Association for our middle school students and elementary sports with area groups.



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

## ~~~~~ Helpful Hints ~~~~~

### Campfire Safety

**T**he sight of crisp stars on a moonless night; the smell of the campfire, percolating coffee and bacon frying in the morning; the sound of your children laughing and having fun discovering new adventures. These are things that make camping a great family experience. On your next camping trip practice these campfire precautions then sit back and relax next to the fire.

- Before starting a campfire, ensure the fire pit and all surrounding areas are free of flammable debris such as dry leaves, sticks and paper.
- Never start a fire with gasoline, lighter fluid or kerosene. Use only dry wood - wet wood pops and sparks.
- Keep campfires small. With the exception of marshmallows, few things cook well over a campfire.
- Use a proper camp stove for cooking. Never leave fire unattended.
- Before you crawl into your tent for the night, be sure the fire and embers are completely extinguished by stirring them and dousing with water.



## ~~~~~ Health & Safety ~~~~~

### Sunburn Solutions

**T**he following are simple remedies that can be used for minor sunburns. If you have a sunburn that is very painful or inflammation occurs, you should consult your physician immediately.

- Take a cool shower or bath. If taking a bath, try adding a cup of milk to soften the bath water.
- Apply hydrocortisone for itch and inflammation control.
- For pain relief take aspirin or ibuprofen. Vinegar works wonders on the sting.
- Apply a cool cloth to the burned area, but discontinue if shivering begins.
- If your skin blisters, do not break the blisters open. Doing so can cause infection and cause the burn to take longer to heal.



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# SUMMERWOOD

## The Hidden Dangers Of Computer Disposal

(NAPSA)-To millions of computer users worldwide, an outdated or malfunctioning computer is no different than a broken toaster; they simply toss it in the trash and buy a new one. However, unlike a busted kitchen appliance, a computer should not be thrown away for two critical reasons: it can lead to identity theft and poison the environment.

### Protect The Environment

Some pieces of hardware may contain toxic materials. Much like used motor oil or old paint, certain computer parts must not be disposed of in a public landfill in order to prevent toxic substances from leaching into the ground and contaminating water supplies. These components should be disposed of properly by trained professionals who participate in computer recycling.

### Protect Your Identity

The hard drive inside your computer contains an extensive amount of private information, such as financial records, personal e-mails, family photos and critical documents. To prevent this data from falling into the wrong hands-which could lead to identity theft-it is



*Discarding your old computer can put your personal information and data at risk.*

imperative that you delete it prior to selling, recycling or disposing of your computer.

To erase files in a safe, permanent manner, you must do more than delete them and empty the Windows "recycle bin." While these actions may remove the information from Windows, they do not expunge the files from the hard drive itself. The only ways to ensure that your private files are permanently erased are to use special

"shredder" software programs.

A word of caution: if your hard drive is on the fritz or appears to be "dead," don't assume that your data is incapable of being retrieved. A crafty thief could rummage through your trash, steal the malfunctioning hard drive you threw out, then use special hardware or software tools to recover your data. Before throwing away any hard drive that appears to be inaccessible or severely damaged, make certain the drive is truly dead by physically smashing it several times with a hammer or similar tool.

Geeks On Call offers a variety of on-site support services, including troubleshooting, maintenance, upgrades, networking and training/consulting for computer users at their homes or businesses. When virus and spyware issues surface or other computer headaches arise, the company's certified technicians deliver prompt, expert PC service on-site, including information on safely erasing data.

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## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

### Managing Cholesterol with Exercise

by Ralph La Forge, M.S.

Approximately 38 percent of Americans have excessively high blood cholesterol levels. The National Cholesterol Education Program (NCEP) states that a sound diet, weight loss and physical activity are the cornerstones of therapy for many individuals with cholesterol disorders.

(Cholesterol-lowering drug therapy is reserved for those who have the very highest lipid levels or for those who have diabetes or coronary disease.)

Atherosclerosis is a costly and fatal disease. Although there is no known cure, new evidence suggests that intensive lowering of serum total cholesterol, or more specifically, LDL cholesterol may retard the progression of coronary artery disease.

The box included in this article contains the NCEP cholesterol guidelines authored in 2001 by a panel of physicians and lipid experts.

Reducing cholesterol through exercise, particularly LDL cholesterol, can be quite labor intensive. When individuals accumulate a sufficient weekly volume of exercise they can lower both total cholesterol and LDL-cholesterol and increase HDL-cholesterol (the "good" cholesterol).

Exercise itself does not "burn off" cholesterol like it can with fat tissue. However, when exercise is of sufficient volume, for example, an adequate weekly frequency and duration, it can significantly reduce triglycerides and stimulate several metabolic enzyme systems in the muscles and liver to convert some of the cholesterol to a more favorable form, such as HDL-cholesterol.

Reducing triglycerides decreases triglyceride-rich particles that are known to promote the growth of fatty deposits on artery walls.

For many people with cholesterol disorders the first choice of therapy is dietary modification. In general, reducing high-glycemic carbohydrates reduces triglycerides, and reducing saturated and trans-fat foods decreases LDL-cholesterol. If LDL cholesterol (the "bad" cholesterol) is high enough, dietary therapy is often supplemented with cholesterol-lowering drug therapy.

Exercise is of tremendous benefit when used in combination with either of these two forms of therapy. For those who maintain a frequent and sufficient level of exercise, it is possible that their physician will reduce their cholesterol-lowering medication and in some cases stop it altogether. Here are guidelines that outline a systematic

#### National Cholesterol Education Program Adult Treatment Panel III Guidelines

##### Total Cholesterol

<200 Desirable  
200–239 Borderline high  
240 High

##### LDL Cholesterol

<100 Optimal\*  
100–129 Near Optimal  
130–159 Borderline High  
160–189 High  
>190 Very High

\* <70 mg/dL is a therapeutic option for very high-risk patients (i.e., those with established CHD plus diabetes or multiple risk factors such as the metabolic syndrome)

##### HDL Cholesterol

<40 Low  
>60 High

##### Triglycerides

<150 Normal  
150–199 Borderline High  
200–499 High  
>500 Very High

Non-HDL Cholesterol (This is a secondary target of therapy when fasting triglycerides are >200 mg/dL)

Non-HDL Cholesterol is calculated as follows:  
Total Cholesterol – HDL-C

Non-HDL goal: Same as LDL-C goal plus 30 mg/dL (e.g., if LDL-C goal <130 mg/dL then Non-HDL goal is 160 mg/dL)

*All values are expressed in milligrams per deciliter.*

approach for favorably altering cholesterol levels with regular exercise:

- If you do have a less-than-desirable cholesterol level, or your doctor has told you have a cholesterol disorder, have your physician establish your cardiovascular health status before engaging in a vigorous exercise program. Your physician may elect to perform additional blood tests (e.g., C-reactive protein) and/or a graded exercise test with an ECG (treadmill stress test) on you first.
- Choose dynamic forms of exercise that tend to

last at least 20 to 30 minutes and are performed at moderate intensities. Moderate exercise intensities would be an approximate effort of four to seven, on a scale of one to ten with ten being near maximal exercise.

- In general, for exercise to significantly lower cholesterol levels, a relatively high volume of exercise is recommended (e.g. 1,500 kcal or more per week). In 12 to 16 weeks this volume of exercise can reduce total cholesterol by 10 to 20 percent. Fifteen hundred calories expended during exercise is equivalent to about three to four hours per week for the average unfit person performing moderate intensity walking, swimming, walk-jogging or cycling.

This volume of weekly exercise is approximately the same volume of physical activity required to lose weight. As a result, fat weight loss tends to be associated with increases in HDL-cholesterol and reductions in total cholesterol and LDL-cholesterol levels, especially fat lost around the waist and abdomen.

A sample program would be to start with walking 20 minutes per day, four days a week. Over six to eight weeks graduate this program to one hour, six to seven days a week of walking over hilly (variable) terrain or walk-jogging over relatively flat ground. An alternative would be to walk 50 to 60 minutes three days a week and take an aerobics class three days a week and perhaps two to three sets of singles tennis on the seventh day.

It is important to know that lower volumes of weekly exercise can still produce many other benefits, such as improved fitness and overall health, reduced blood pressure, and increased psychological well being. An ACE-certified Clinical Exercise Specialist can help you make the connection safely and effectively.

Ralph La Forge, M.Sc., is an exercise physiologist at Duke University Medical Center in Durham, N.C.

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## PETS & PEOPLE

### Is Your Cat a Couch Pet-tato?

(NAPSA)-It's time to let the cat out of the bag. Our feline friends are becoming couch potatoes as a result of their sedentary lifestyles and "ho-hum" daily routines.

Obesity is the number-one nutritional disorder among cats, according to studies by Nestl  Purina PetCare. In fact, studies suggest that approximately 25 percent of cats taken to veterinary clinics are overweight. And a survey conducted by leading cat food brand Friskies reveals that the average owner spends less than 10 minutes a day playing with her cat. Despite the perception that all cats like to do is sleep, they need playtime, social interaction and physical activity to help maintain good body condition and be as happy and healthy as possible.

True, cats do enjoy their catnaps. They sleep an average of 16 hours per day. But it is up to us- as their friends and providers- to make the most out of the eight hours they are awake. This means we need to make sure they get both physical and mental stimulation to get more out of life.

"Many people believe that all cats need is food, water and a litter box- and that's simply not true," said Pam Johnson-Bennett, national feline behaviorist and author. "Cats are complex animals with keen minds and athletic bodies that require daily exercise, adventure and fun for optimum health."

According to Johnson-Bennett, there are two simple ways to give your cat more out of life.

#### Add Variety to Playtime

Cats respond well to play that mimics their natural instincts, such as climbing, scratching, hunting and exploring. By adding some basic elements to your home, such as elevated perches, a cat tree and a solid scratching post, you can increase their activity.

You should be part of the fun instead of sitting on the sidelines, because cats love human interaction. Playing with your cat also helps establish a stronger bond. With a little patience and time, cats can be trained to do fun behaviors like jumping through hoops and rolling over. As food-motivated animals, all it takes is a treat to encourage and reward the

behavior. Use simple objects from around the house to create some fun purr-formances. For example, cut the bottom out of a paper bag to create a tunnel for your cat to explore. Or teach your cat to jump through an embroidered hoop for a food reward.

#### Make Mealtime More Fun

While it is important to feed cats a high-quality cat food such as Friskies that provides the variety, great taste and nutrition they need, don't forget to add fun to their feeding routine. Rather than placing your cat's food bowl in the same location every day, try creating several fun feeding stations around her playroom so she can hunt for her food. And create a fun game at mealtime by placing your cat's normal portion of wet food into several compartments of a muffin tin so she can search for her supper.

Following these simple steps can help prevent cats from becoming couch pet-tatoes and enhance the quality of their lives. For additional information on how to give your cat more out of life, visit [www.friskies.com](http://www.friskies.com).

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## Texas Events

### August

3-6, 10-13—HOUSTON: Houston Shakespeare Festival Two plays — As You Like It and Hamlet — are performed on alternating nights. Miller Outdoor Theatre in Hermann Park. E-mail: [sjudice@uh.edu](mailto:sjudice@uh.edu) 713/743-3003

4, 11, 18, 25—KEMAH: Rock the Dock Concert Series Kemah Boardwalk. [www.kemahboardwalk.com](http://www.kemahboardwalk.com) 281/334-9880 Gulf Coast

5—TOMBALL: Tomball Night Includes shopping, bands, carnival rides for kids and night parade. E-mail: [admin@tomballchamber.org](mailto:admin@tomballchamber.org) • [www.tomballchamber.org](http://www.tomballchamber.org) 281/351-7222

5-6—ORANGE: OCARC Fishing Tournament Includes fishing tournament and weigh-in. 409/886-1363

5-7—HOUSTON: Houston International Jazz Festival Take some Latin rhythms, mix in some smokin' soul sounds and add a few Asian jazz licks. Toss in some smooth jazz tunes so cool people will forget it is summer in Houston and people can get an idea what to expect at this 15th annual event. Verizon Wireless Theater/Bayou Place. [www.jazzeducation.org](http://www.jazzeducation.org) 713/839-7000 or 713/629-3700

5-7, 11-14, 19-20—BAYTOWN: Brigadoon Baytown Little Theater. 281/424-7617

5-Sep. 10—ROSENBERG: The Downfall of a Trusting Heart Downtown Theater. E-mail: [casttheater@ev1.net](mailto:casttheater@ev1.net) 281/437-1458

6—ANGLETON: Kidfest Hours are 10 a.m. to 2 p.m. Brazos River County Park. 979/864-1541 or 281/331-6101

6—WEST COLUMBIA: Homemade Ice Cream & Lemonade Demonstrations Learn how to make old-time, hand-cranked ice cream and fresh-squeezed lemonade. Help turn the crank. Hours are 11 a.m. to 3 p.m. Varner-Hogg Plantation State Historic Site. 979/345-4656

6, 13, 19-20, 27—LAKE JACKSON: Story Time Storytellers read books about the sea and nature from 10 to 10:45 a.m. Friday and 10:30 to 11:15 a.m. Saturday. Stories are for preschool age but entertain all ages. Donations appreciated. Sea Center Texas. 979/292-0100

7—KEMAH: 37th Annual Blessing of the Shrimp & Pleasure Fleet Boat Parade As brightly decorated shrimp boats and pleasure craft file past the Kemah Boardwalk at 1:30 p.m., an officiating priest and minister bless each boat. Kemah Boardwalk. E-mail: [ralph@underwaterinc.com](mailto:ralph@underwaterinc.com) • [www.kemah.net](http://www.kemah.net) 281/334-2303 or 832/347-8837

12-13—HITCHCOCK: Good Ole Days Festival Enjoy a barbecue cook-off, parade, live entertainment, carnival, crafts, food, petting zoo, relay games, raffles, drawings and pageant. Hours are 5 p.m. to midnight Friday and 10 a.m. to midnight Saturday. Good Ole Days Grounds, 8300 Hwy. 6. E-mail: [hcofc662@msn.com](mailto:hcofc662@msn.com) 409/986-9224 or 409/986-7420

19-21—PORT NECHES: Port Neches Trade Days Find arts & crafts vendors, antiques, food vendors, local entertainment, Longaberger baskets, special order baked goods, custom painted furniture and more. Port Neches Avenue. E-mail: [pncoc@swbell.net](mailto:pncoc@swbell.net) 409/722-4023

(Continued on Page 11)

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## Texas Events - (Continued from Page 10)

20—VICTORIA: Market Days Special Events Area in Riverside Park. 361/552-9347

20-21—KEMAH: Steel Drum Festival Kemah Boardwalk. [www.kemahboardwalk.com](http://www.kemahboardwalk.com) 281/334-9880 or 877/285-3624

20-21—PORT ARTHUR: Triangle Bird Show Bob Bowers Civic Center. 409/982-7404

20-21—ROSENBERG: 31st Annual Festival of Glass & Antique Show & Sale Hours are 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. Fort Bend County Fairgrounds. [www.houstonglassclub.org](http://www.houstonglassclub.org) 281/342-4876 or 713/729-4267

25—VICTORIA: Charity Concert Series Songwriter's Night with Alan Shamblin Leo J. Welder Performing Arts Center. E-mail: [yeates@hospice-vic.org](mailto:yeates@hospice-vic.org) 361/572-4300

25-27—ANGLETON: Second Annual Rollin' Thunder Carshow & Bikefest Includes food, games, carnival, live music, vendors, car show and world famous bike builders — The MartinBros. Brazoria County Fairgrounds. [www.rollinthundershow.com](http://www.rollinthundershow.com) 979/299-1291

26-28—CLEAR LAKE AREA: Ballunar Liftoff Festival Touted as the "Largest Hot Air Balloon Event in Texas," this event features more than 80 hot air balloons, the world's largest balloon, a balloon glow, skydiving competitions, aerial demonstrations, midway games, arts & crafts, food, music and other entertainment. NASA Johnson Space Center. [www.ballunarfestival.com](http://www.ballunarfestival.com) 281/488-7676

27—GALVESTON: Artwalk Wine stroll takes people through art galleries, antique shops, designer clothing stores and exclusive boutiques. Hours are 6 to 9 p.m. Historic Strand District. 409/763-2403

*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.*

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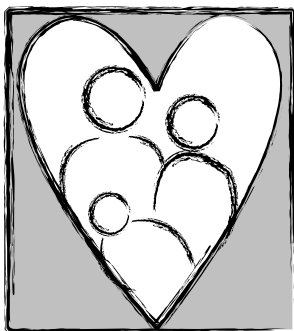
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## A Convenient Way To Keep Young Athletes Hydrated

(NAPSA)-Any way you slice it, watermelon can be a healthful snack, particularly when you want to make sure young athletes are getting enough liquids.

Parents are often concerned about the amount of fluids their children get before, during and after sporting activities. These liquids can come in the form of water, sports drinks and fresh fruit snacks, such as slices of watermelon.

As any mom or dad with a young athlete can tell you, parents of team members often take turns providing snacks for their young athletes. "Ideally, these snacks should be a fruit with a high water content," says Barbara Levine, Ph.D., Associate Professor of Nutrition in Clinical Medicine and Director, Nutrition Information Center, Weill College of Medicine of Cornell University, New York, NY.

"Watermelon," says Levine, "is a favorite fruit among kids and is called the natural hydrator because it's 92 percent water. For sports activities, watermelon served in slices is easy for children and teens to eat. An inch-wide slice contains about a cup of fruit.

"And watermelon is more than a delicious thirst quencher," adds Levine. "It contains important



*In addition to being an efficient way to keep kids hydrated, watermelon has vitamins A and C, potassium and lycopene.*

vitamins and phytochemicals for growing bodies. A two-cup serving of watermelon has 20 percent of the daily recommended intake of vitamin A and 25 percent of the daily value of vitamin C. It's also a source of potassium and a leader in the powerful antioxidant lycopene."

Keeping children well hydrated should be a priority, especially when they are members of competing sports teams.

Suzanne Nelson Steen, D.Sc., R.D., head of the Husky Sports Nutrition Services in the Department of Intercollegiate Athletics at the University of Washington in Seattle, offers excellent advice on the subject on the Web site [www.momsteam.com](http://www.momsteam.com). "Kids should drink on a schedule, not just when they are thirsty," says Steen.

"By the time your child says he is thirsty, he is already dehydrated," she advises. She says that children should be reminded to drink five to nine ounces of water (10 to 18 half-ounce "gulps") every 20 minutes during activity and teenagers should drink more.

Finally, Dr. Steen reminds parents that kids' fluid intake needs to be supervised because children do not instinctively drink enough fluids to replace water losses.

With a little planning, you can help ensure that your children are well hydrated and happy.

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# SUMMERWOOD

## 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](http://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.

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## Parental/Legal Guardian Consent Form

### Community Portal Participation

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Parent's / Guardian's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

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Telephone Number: \_\_\_\_ ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_\_

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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.

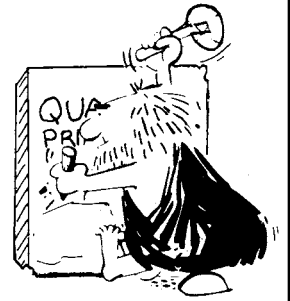
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