

SUMMERWOOD

live friendly.



Volume 7, Issue 9
Summerwood Community Association
www.summerwood.org

September 2005

Search For 'Fountain Of Youth' Takes Time

Baylor College of Medicine

To grow old without looking or feeling old, start working on it while you're young.

According to Dr. Robert E. Roush, associate professor of medicine-geriatrics at Baylor College of Medicine (BCM) in Houston, all health professionals should be able to distinguish between normal aging and disease, and help patients follow preventative guidelines.

Some medical issues that occur with aging are part of normal age-related changes and others are major causes of mortality such as cardiovascular disease and cancer.

You cannot stop your hair from turning gray or a need for reading glasses, but you can stop age-related muscle loss by exercising or prevent heart disease with diet and other lifestyle changes, says Roush.

One lifestyle change is staying out of the sun as much as possible, applying sunscreen with SPF of at least 15, wearing protective hats and clothing in the sun and avoiding tanning booths, said Roush.

Skin cancers can arise from sunburns you acquire as a younger person due to the sun's ultraviolet radiation. Also, sun-exposed skin gradually loses moisture and essential oils, making it appear dry, flaky and prematurely wrinkled.

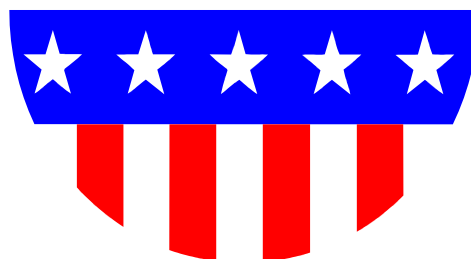
Roush's tips for a healthier life include:

- Exercise at least three times a week.
- Eat a healthy, low-fat diet.
- Use sunscreen from an early age to prevent dry skin, wrinkles and skin cancer.
- Maintain a proper weight.
- Do not smoke tobacco.
- Consume alcohol in moderation (less than 2 oz. per day).
- Invest in a good mattress for a good night's sleep.
- Have a wide circle of friends.
- Be adaptable; roll with the punches.
- Develop a positive outlook and zest for life.

The aging population should continue doing what they like, whether it be art, writing, working, playing music or being with family, says Roush, also director of the Texas Consortium of Geriatric Education Centers in the Huffington Center on Aging.

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

LABOR DAY



Monday, September 5th

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

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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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Peel, Inc.	512-989-8905
Article Submissions	articles@PEELinc.com
Advertising.....	advertising@PEELinc.com, 512-989-8905

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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 - September 16, 2005

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

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NEW NEIGHBORS!

Summerwood has some new neighbors. Family of JOY, a new church designed to help people discover Jesus and His love and acceptance, has been started to the south of Summerwood. They have land on the Summerwood side of Beltway 8 between North Lake Houston Parkway and C E King (across the Beltway from the Shell station). They are currently meeting on the west side of the Beltway at Holy Trinity Episcopal School @ 10:30am for Worship. The school is located just south of Summerwood at North Lake Houston Parkway and Lockwood. They have a special Children's Church during worship to help children discover God's love in special ways unique to them.

A special JOY 101 class will begin on Sunday, September 18th at the school starting at 9:15am for those wishing to learn more about the mission and ministry of Family of JOY. There is also a special children's Sunday School at 9:15am along with a host of juice, fruit, coffee, and other refreshments.

On Sunday, October 2nd, the Christian singer/writer, Don Wharton, will have a special concert during our Worship time at 10:30am. Don lives in Nashville, has produced many CD's, participated in amazing mission trips, and appeared all over the world. This is definitely an event for all your friends and neighbors. You will be inspired and encouraged by Don's humor, insight, songs, and stories.

If you would like any information about Family of JOY and how they could help you and your family, be sure to contact them at 281-744-2414 or see their web page at www.joyforyou.org.

Classifieds

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Garden Tips of the Month

FERTILIZE: Feed chrysanthemums every 2-3 weeks until buds appear, then weekly until buds show color. Fertilize roses, gardenias and magnolias.

WATER: Water trees and shrubs deeply and slowly.

DIVIDE: Transplant after dividing: Amaryllises, Callas, Cannas, Daylilies, Irises, Liriope, Wood Ferns, Bearded Iris, Shasta Daisies, and Violets. Share extras with friends and neighbors.

SOIL: Start a compost pile with fall leaves and yard debris; shred with lawnmower. Replenish mulch in beds.

LAWN CARE: Watch for brown patch in St. Augustine turf as temperatures cool. Lawns with a history of the disease should be sprayed in late month and again in 3 weeks with Terraclor or Daconil. Early morning is the best time to water lawns. Mow every 5-7 days, leaving the clippings on the lawn.



DISEASES/PESTS TO LOOK FOR: Watch roses for blackspot and mildew. Fall webworms are easiest to control when treated early with *Bacillus thuringiensis* (Bt).

PRUNE: Remove dead and damaged wood from shrubs and trees.

Other Things to Do in September:

Trick Poinsettias into blooming for the Holidays: Beginning on the fall equinox (September 21/22) make sure potted plants get 14 hours of darkness every 24-hour period. Use water-soluble fertilizer diluted to 1/4 strength with every watering. Plants should show color around Thanksgiving. At that point, restore them to bright, indirect sunlight and cut back on fertilizer.

Groom and tidy up your outdoors potted plants in preparation for bringing them inside before the first freeze. Don't forget to check for insect problems and fertilize before bringing inside.

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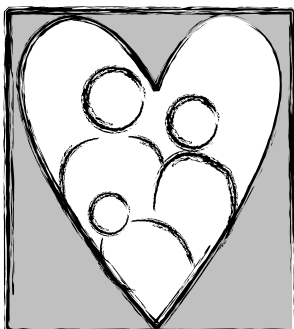


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Texas Events - September

1-18—HOUSTON: Invention Convention Allows children to explore how to use creativity and imagination to not only solve problems but also identify challenges that already exist. The Children's Museum of Houston, 1500 Binz. www.cmhouston.org 713/522-1138

1-18—HOUSTON: Pack Your Bags ... Animated exhibit lets kids travel to different homes, visit new places and take imaginary trips to places of their dreams. The Children's Museum of Houston. www.cmhouston.org 713/522-1138

1-25—HOUSTON: Bill Traylor, William Edmondson & the Modernist Impulse Exhibition includes about 50 drawings and paintings by Traylor and 25 sculptures by Edmondson. The Menil Collection. www.menil.org 713/525-9400

1-Oct. 2—GALVESTON: Perry House — 20/20 Features a selection of 20 works over 20 years by this Houston artist. Galveston Arts Center. www.galvestonartscenter.org 409/763-2403

3-4—KEMAH: Zydeco Festival Enjoy Cajun food and entertainment. Kemah

8, 10-11, 16-18—HOUSTON: Onegin Houston Ballet performs. Wortham Theater Center. www.houstonballet.org 713/227-2787

9—PORT ARANSAS: Champagne Cruise/Mini Taste of Port Aransas Cruise the channel while sampling the cuisine of island restaurants. Fisherman's Wharf. 361/749-6222

10—LAKE JACKSON: Brazosport Relay Triathlon 979/238-5037

10—LAKE JACKSON: Xtreme Hummingbird Xtravaganza Gulf Coast

Bird Observatory. 979/480-0999

10—PORT ARTHUR: Mexican Fiesta Celebrates Mexico's independence from Spain with food, music, dancing, folkloric dancers, various contests and a mariachi band. Port Arthur Civic Center. 409/724-6134

10-11—BAYSIDE: Hummingbird Hayrides View hundreds of hummingbirds feeding and resting during their migration south. Reservations required. Fennessey Ranch. 361/529-6600

10-11—HOUSTON: Cactus & Succulent Show Houston Arboretum & Nature Center. 713/827-8545

10-11—HOUSTON: Camera Show Shop and swap cameras and photographic equipment, new and used. Marriott Hotel, Hobby Airport. 713/868-9606

10-11—HOUSTON: Sixth Annual Country Roots Music Festival Features down-home Texas, bluegrass and gospel music by many of Texas' most popular bands. Includes bushel baskets full of mouth-watering, country-style foods. Shop for country crafts. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

10-11—KEMAH: Caribbean Luau Includes tropical Caribbean music and entertainment. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

10-11—SEABROOK: Bead Bazaar 1401 Second St. www.backbaymarket.com 281/474-3869

10-11—SEABROOK: Second Street Art Show Features original art in oil, acrylic, water color, photography, mixed media, jewelry and more. Hours

(Continued on Page 8)

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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.

~~~~~ Helpful Hints ~~~~~

Tired of Losing Your Gardening Tools?

Because the handles become weathered with wear, gardening tools can be camouflaged when lying in the dirt. To eliminate this problem, paint tool handles a bright color! First, sand off dirt, oil, and varnish from the tool handles. Then paint the handle bright yellow, red, or orange - these colors will be almost impossible to "lose" in the dirt. Use three coats of paint, letting the paint dry fully between coats and sanding lightly before adding each new coat. This creates a hard, bright finish that will stand up to wear and tear.



Eliminate rust on the blades by rubbing with sandpaper and steel wool. Finally, condition the blades by applying a little motor oil using a cotton cloth.

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

Avoiding Falls

Falls, fires and electrical mishaps, in that order, are the most common accidents in the home. The safety of your home can be improved by understanding risks that could cause falls and implementing precautions to avoid them. Most household falls occur on wet or slippery floors, uneven sidewalks, or when trying to reach items in high places.

Follow this advice to avoid falls in your home:

Indoors:

- Keep floors dry - wipe up spills immediately.
- Keep stairs and other traffic areas free of obstacles.
- Place area rugs carefully: don't use them at the top of stairs, in entrance halls, high traffic areas or in the bathroom - where a fall against ceramic surfaces can cause serious injury.
- Use a nonskid pad beneath area rugs or put nonskid adhesive strips on the backs to prevent slippage.
- Use only code approved stepladders or step stools to reach high shelves, curtain rods, or light fixtures - never use chairs.

Outdoors:

- Replace broken paving stones and fill in pavement cracks.
- Always keep sidewalks clear of snow and salt icy walkways.
- Make sure walkways, porches, and steps are well lit and maintained.
- Don't let leaves gather on walkways, steps and porches.
- Use sturdy non-slip doormats at entryways to the home.
- Install sturdy railings along outdoor steps and paint the edges of the steps white so they are easy to see in the dark.
- To reach high places, use only code-approved ladders and observe the rules on the caution decal.



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SUMMERWOOD

Texas Events - (Continued from Page 6)

are 9 a.m. to 5 p.m. Saturday and 11 a.m. to 5 p.m. Sunday. Harbor Room, Back Bay Bed & Breakfast Inn, 1401 Second St. www.backbaymarket.com 281/474-3869

15—HOUSTON: La Noche del Grito Celebrates Mexican heritage, music and dance. Miller Outdoor Theatre, Hermann Park. 713/284-8350

15-18—HOUSTON: 53rd Theta Charity Antiques Show Dealers bring a collection of antiques, antiquities and fine art. George R. Brown Convention Center. www.thetaantiquesshow.com 713/622-3560 or 713/722-8410

16—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347

16-17—VICTORIA: Silk Purse or Sow's Ear Hours are 10 a.m. to 4 p.m. Museum of the Coastal Bend. www.museumofthecoastalbend.org 361/582-2511

16-18—CLEAR LAKE AREA: Gulf Coast Film & Video Festival Includes independent film showings and an award dinner with film and television celebrities. Film and TV star Armand Assante is this year's celebrity guest. University of Houston Clear Lake and The Art Alliance Center Clear Lake. www.gulfcoastfilmfest.com 281/333-5804

17—BAYTOWN: Outdoor Concert Featured entertainers are No Justice and Django Walker. Hours are 6:30 to 10 p.m. Bicentennial Park. E-mail: pard@baytown.org 281/420-6597

17—HOUSTON: Fiestas Patrias One of the largest and most colorful community-sponsored parades in the Southwest celebrates Mexico's independence. Celebration culminates with the crowning of Miss Fiestas Patrias. 713/926-2636

17—PORT ARANSAS: Adopt-A-Beach Cleanup This is a statewide beach cleanup. Port Aransas Beach. Mustang and St. Joseph Islands. 361/749-7423

17-18—HOUSTON: 10th Annual Metro Go-Texan Regional Cook-Off About 75 teams will compete with brisket, ribs, chicken, gumbo and showmanship. Includes a cake auction. Traders Village, 7979 N. Eldridge Road. www.tradersvillage.com 281/890-5500

17-18—HOUSTON: Sixth Annual Houston Hot Sauce Festival Hours are 11 a.m. to 6 p.m. Saturday and noon to 5 p.m. Sunday. Houston Farm and Ranch Club. www.houstonhotsauce.com 281/558-3518

17-18—KEMAH: Fall Kids Festival Includes ice cream making, face painting, hands-on education, clowns, magic shows, live music, mad scientist, the Backyard Circus, street performers and more. Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

17-18—VICTORIA: Victoria Dog Obedience Club Annual Show Victoria Community Center. 361/572-8371

18—HOUSTON: Doll Show Marriott Hotel, 9100 Gulf Freeway. 713/723-1762

19—ALVIN: Alvin-Manvel Chamber of Commerce Annual Golf Tournament
(Continued on Page 9)

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Texas Events - (Continued from Page 8)

Begins at 11:30 a.m. Southwyck Golf Club. 281/331-3944

22, 24-25, 30-Oct. 2—HOUSTON: Mentors & Prodigy (Fall Repertory Program) Houston Ballet performs. Wortham Theater Center. www.houstonballet.org 713/227-2787

23-24—GALVESTON: The Kingston Trio & The Brothers Four Tribute to the folk-rock music of the 1960s includes songs from a time when folk music made the pop charts. Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

23-24—HOUSTON: Houston Dance Coalition & Dance Source Houston Evening of contemporary dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350

23-25—KEMAH: Eighth Annual Jazz Fest Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880 or 877/285-3624

24—HOUSTON: Fairfield Fall Garage Sale Benefits the Fairfield community and helps collect funds for children's programs. Traders Village. www.tradersvillage.com 281/890-5500

24—PORT ARTHUR: Clouds of Glory Presents gospel music. Port Arthur Civic Center. 409/724-7168

24—VICTORIA: Inez Volunteer Fire Department Fund-raiser Includes a meal and auctions. Begins at 4 p.m. Inez Community Center. 361/573-3076

24-25—BEAUMONT: Golden Triangle Quilt Guild Show Beaumont Civic Center, 701 Main St. 409/962-1737 or 409/697-2829

24-25—CORPUS CHRISTI: Seashore Marketplace Includes marketplace and live music. Balli Park Pavilion on North Padre Island. www.seashoremarketplace.com 361/332-9978

(Continued on Page 10)

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Texas Events - (Continued from Page 9)

24-25—LEAGUE CITY: Oak Tree Festival Features craft, jewelry and food vendors; live entertainment; children's area with clown, moon walk and train; and annual Little Miss and Little Mr. Oak Tree Pageant. Hours are 10 a.m. to 6 p.m. Saturday and 10 a.m. to 5 p.m. Sunday. League Park. www.oaktreefestival.com 281/332-3953

24-25—SPRING: Old Town Spring Heritage Rod Run www.longhornrodandcustom.com 800/653-8696 or 281/353-9310
net • www.texasricefestival.org 409/296-4404

29—HARLINGEN: Fall Pops Concert Sponsored by South Texas Chorale. Begins at 8 p.m. Harlingen Municipal Auditorium, 1204 Fair Park Blvd. 956/428-6003

29-Oct. 1—PASADENA: Livestock Show & Rodeo BBQ Cook-Off www.pasadenarodeo.com 281/487-0240

30-Oct. 1—HOUSTON: Houston Grand Taiko Festival Enjoy traditional and contemporary Taiko drumming and classical Japanese dance at Miller Outdoor Theatre, Hermann Park. 713/284-8350

30-Oct. 1—VICTORIA: Team Rope Victoria Community Center. 713/501-7423 t

30-Oct. 2—CORPUS CHRISTI: Bayfest 2005 Brings people together in a colorful explosion of music, arts & crafts, children's activities, entertainment, fun, food and game booths. North Shoreline Boulevard. www.bayfesttexas.com 361/887-0868

30-Oct. 2—LAKE JACKSON: Gulf Coast Golf Fest This 54-hole tournament is played at the Wilderness Golf Course, Riverside Country Club and Columbia Lakes Resort. 979/265-2505

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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