

# SUMMERWOOD

live friendly.



Volume 7, Issue 12  
Summerwood Community Association  
[www.summerwood.org](http://www.summerwood.org)

December 2005

## Kindred Hospital Houston Northwest offers Free Support Groups and classes to the Community

**Free Better Breathers Support Group** meets the 4<sup>th</sup> Wednesday of each month at 10:30 am – 11:30 am in the hospital cafeteria. Better Breathers is a support group for individuals who suffer from chronic lung disease. The next meeting will be earlier in the month due to the upcoming holiday. November 16<sup>th</sup>, “Eating Throughout the holidays”, presented by Mary Ann Kinart, RD

**Free Diabetes Support Group** meets the 1<sup>st</sup> Tuesday of each month from 6:30 pm – 7:30 pm in the hospital cafeteria led by Sylvia Kircher, RN, CDE, CPT. **The next meeting will be December 6<sup>th</sup>.**

### Free Diabetes Teaching Classes

These 3 classes will be given the 1<sup>st</sup> Saturday of each month. They can be taken all at once, one at a time or whatever is most convenient for your schedule. Our 1<sup>st</sup> Saturday is December 3<sup>rd</sup> in the hospital cafeteria. All classes led by Sylvia Kircher, RN, CDE, CPT

8:30 am – 10:30 am Introduction to Insulin Pumps

10:30 am – 12:30 pm Basics of Carb Counting

1:30 pm – 3:30 pm Getting the most out of your insulin pump

For more information or to RSVP please contact Tere Kelly @ 281-517-1008

*Kindred Hospital Houston Northwest  
is located at 11297 Fallbrook Dr.*

**View the Summerwood Community Association newsletter each month on-line at [www.PEELinc.com](http://www.PEELinc.com)**

## OUTDOOR COMMUNITY CHRISTMAS EVE SERVICE IN SUMMERWOOD

FaithQuest Church, located inside the Summerwood master planned community, will be sponsoring a community-wide Christmas Eve service with an exciting twist: we will be OUTSIDE! Imagine being out under the stars singing your favorite carols with lighted candles on the most Holy Night of the year!

The service will take place on the property of FaithQuest Church - at the corner of Broncroft Ct and West Lake Houston Parkway - right here in Summerwood. The community service will start at 6PM, be child friendly, and conclude with cookies and hot cider.

Pre-School programming will be provided!

Please plan to come spend this special time with others from your community.

Seasons Greetings

### 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.)

# 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 Management, Inc. ....	281-358-9090
(Homeowners Association)	
700 Rockmead, #205; Kingwood, TX 77339	
After Hour Emergency .....	713-932-1122

### SCHOOLS

Summerwood Elementary.....	281-641-3000
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### POST OFFICE

Post Office.....	713-631-2098
9604 Mesa Drive; Houston, TX 77078	

### NEWSLETTER PUBLISHER

Peel, Inc.....	512-989-8905
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The Federal Emergency Management Agency lists these organizations for those seeking to assist victims of Hurricane Katrina

#### Donate cash

American Red Cross	(800) HELP NOW (435-7669)
	(800) 257-7575 Spanish

Operation Blessing	(800) 436-6348
America's Second Harvest	(800) 344-8070

#### To donate cash or volunteer:

Adventist Community Services	(800) 381-7171
Catholic Charities, USA	(703) 549-1390
Christian Disaster Response	(941) 956-5183 or (941) 551-9554
Christian Reformed World Relief	(800) 848-5818
Church World Service	(800) 297-1516
Convoy of Hope	(417) 823-8998
Lutheran Disaster Response	(800) 638-3522
Mennonite Disaster Service	(717) 859-2210
Nazarene Disaster Response	(888) 256-5886
Presbyterian Disaster Assistance	(800) 872-3283
Salvation Army	(800) SAL-ARMY (725-2769)
Southern Baptist Convention	(800) 462-8657, ext. 6133
United Methodist Committee	(800) 554-8583

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## Early Cardiac Screening Necessary for Muscular Dystrophy Patients

HOUSTON – (Oct. 28, 2005) – Early diagnosis and treatment of heart disease may lead to longer life in Duchenne and Becker muscular dystrophy patients, say experts at Baylor College of Medicine (BCM) and Texas Children's Hospital in Houston in a report that appeared online in the journal *Circulation*.

Cardiac disease, particularly dilated cardiomyopathy and heart failure, is the major cause of mortality in patients with muscular dystrophy and is present in most boys with Duchenne muscular dystrophy and approximately 70 percent of those with Becker muscular dystrophy. These are the two common forms of muscular dystrophy caused by defects in a gene called dystrophin.

"It should be the standard of care for all newly diagnosed Duchenne and Becker muscular dystrophy patients to be referred to a cardiologist for screening, probably by 10 years of age or earlier," says Dr. Jeffrey A. Towbin, professor of pediatrics at BCM and chief of pediatric cardiology at Texas Children's Hospital.

Towbin and his group studied 69 boys with DMD and BMD. After the first abnormal echocardiogram, which occurred at 14-15 years, 31 boys were started on ACE inhibitor or beta blocker therapy. During the follow-up two patients remained stable with their dilated cardiomyopathy, eight showed improvement and 19 normalized both heart size and function.

"This study also helped us realize that while some dystrophin-gene mutations are predictors of early onset cardiac abnormalities, others may actually protect against early development of these abnormalities," says Towbin.

Cardiac symptoms typically appear late in the course of cardiomyopathy, in part because affected individuals are usually wheelchair bound and often physically inactive. Heart disease progresses quickly, leading to premature death, often before 25 years of age.

The work by Towbin and his colleagues suggests longer heart health and longer lives based on this treatment approach. Other contributors to this study include Drs. John L. Jefferies, Benjamin W. Eidem, John W. Belmont, William J. Craigen, E. O'Brian Smith, Steven R. Neish and Susan Fernbach, R.N. of BCM and Stephanie M. Ware of Texas Children's Hospital.

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**H**appy Holidays! It's hard to believe that another year has flown by. I'd like to take this opportunity to thank you for your business and allowing me to assist you with your real estate needs. I wish you and your family joy, love and laughter during the holidays!

**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!

**Y**our 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!



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## ~~~~~ Household Tips ~~~~~

### New Air Conditioning Law Effective 1/23/06

**C**entral air conditioners are rated according to their Seasonal Energy Efficiency Ratio (SEER); the higher the SEER the more efficient the air conditioner. The current national efficiency standard is 10 SEER. The new standard raises the SEER requirement to 13, an efficiency improvement of 30%. Overall the changes are good for the environment, and improve comfort and indoor air quality. However, implementation of the new regulations may be costly.

Beginning January 23rd 2006, 10 SEER air conditioning equipment will no longer be manufactured. Once the existing supply of 10 SEER equipment is depleted, only the new 13 SEER equipment will be available for replacement units. Unfortunately, the new 13 SEER air conditioner needs to be compatible with all the other components in the HVAC system. Here are some of the potential challenges:

- If a condenser is replaced, the evaporative coil and air handler may need to be upgraded to 13 SEER.
- If the Freon lines are too small to handle a 13 SEER system, they must be replaced.
- The 13 SEER evaporative coils can be up to 3-4 inches taller, meaning sheet metal modifications may be needed to fit the new system in the old space. If the space is too small, there will be costs to rebuild the area or relocate the system.
- The system, as a whole may be larger and heavier, which may require the use of an additional technician to complete the installation.
- The system requires about 40% more Freon to operate.
- The system may require a larger cement pad or larger roof stand than the previous unit which may require additional modifications and costs.

One way to help offset the cost of replacing or repairing your AC system is to invest in a home warranty Plan. Although the home warranty will not cover code upgrades or modifications, without a home warranty the entire cost of replacement and upgrades/modifications would be your responsibility. If you are purchasing a home, be sure that a home warranty plan is included in your transaction.

For more information on the 13 SEER regulations, visit [www.energy.gov](http://www.energy.gov).

## Holiday Entertaining

### *There's No Taste Like Mint For The Holidays*



*Kids and adults alike will love Peppermint S'mores.*

(NAPSA)-Nothing sums up the sweet spirit of the season quite like a frosty peppermint dessert.

Fortunately, creating mouthwatering peppermint treats for friends and family need not add inches to waistlines. Making delightful minty recipes with a light, lower-calorie ice cream, such as Dreyer's/Edy's Slow Churned Light Ice Cream, can make it easier to fit down the chimney.

Here is a recipe to ring in the season. Peppermint S'Mores are just the treat to eat while wrapping presents and reading "Rudolph the Red-Nosed Reindeer."

#### Peppermint S'Mores

Yield: 4 servings - Prep time: 5 minutes

- 8 graham crackers
- 8 (1/4 cup) scoops Dreyer's/Edy's Slow Churned Light Peppermint Ice Cream
- 1/2 cup marshmallow cream
- 3/4 cup chocolate syrup
- 1 cup miniature marshmallows
- 4 teaspoons colored sprinkles

Carefully break graham crackers in half along center marking. Place two cracker halves on each of 4 plates. Top each cracker half with 1 scoop ice cream and 1 tablespoon marshmallow cream; close with another cracker half, pressing down gently.

Drizzle S'Mores with chocolate syrup in crisscross pattern; garnish plates with marshmallows and sprinkles. Serve immediately. Or wrap undrizzled S'Mores in plastic wrap and freeze until ready to serve.



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# SUMMERWOOD

## *Texas Events - December*

**1—ALVIN: Festival of Lights** 281/756-3686

**1—BAYTOWN: Christmas Parade** Tree lighting ceremony kicks off events at 6:15 p.m. Parade begins at 6:30 p.m. down Texas Avenue. E-mail: [pard@baytown.org](mailto:pard@baytown.org) 281/420-6597

**1—BRIDGE CITY: Christmas Tree Lighting** Includes intermediate school choir and visit from Santa. 150 W. Round Bunch. [www.cityofbridgecity.org](http://www.cityofbridgecity.org) 409/735-5671

**1—EL CAMPO: Carol of Lights Christmas Parade** Downtown. [www.elcampochamber.com](http://www.elcampochamber.com) 979/543-2713

**1—FREEPORT: Holiday on the Brazos** Municipal Park. 979/233-3306

**1—NASSAU BAY: Photography Exhibit** The Arts Alliance Center at Clear Lake. 281/335-7777

**1-4, 8-11, 15-18—DICKINSON: Beauty & the Beast** Captivating musical is based on the Disney animated film. Shows are 8 p.m. Thursday through Friday and 2:30 p.m. Sunday. Bay Area Harbour Playhouse, 3803 Hwy. 3. [www.harbourplayhouse.com](http://www.harbourplayhouse.com) 281/337-SHOW

**1-15—HOUSTON: Exhibition of Works by Cuban Artist Kcho** Since his first exhibition in 1986, Kcho — Alexis Leyva Machado — has taken the iconography and items from everyday life in Cuba and molded them into an artistic statement. New World Museum. [www.newworldmuseum.org](http://www.newworldmuseum.org) 713/426-4544

**1-24—SPRING: Home for the Holidays** [www.oldtownspringtx.com](http://www.oldtownspringtx.com) 800/653-8696 or 281/353-9310

**1-31—LA PORTE: Yuletide Texas** See the battleship adorned with lights, ornaments and decorations in the spirit of the season. Battleship Texas State Historic Site, 3527 Battleground Road. 281/479-2431

**1-Jan. 1—PORT ARTHUR: The Nature of Holography** Features various optical illusion activities. Museum of the Gulf Coast. [www.museumofthegulfcoast.org](http://www.museumofthegulfcoast.org) 409/982-7000

**1-Jan. 7—GALVESTON: Moody Gardens Festival of Lights** Includes twinkling lights, ice skating, holiday buffet and holiday music. Open Thursday through Sunday Nov. 19 through Dec. 11 and daily from Dec. 15 to Jan. 7, including Christmas Eve and Christmas Day. Hours are 6 to 10 p.m. Moody Gardens. [www.moodygardens.org](http://www.moodygardens.org) 800/582-4673

**1-Jan. 8—CLEAR LAKE AREA: Speed** Presents a hyper-fast look into the physics and mathematics that impact speed in real situations. Space Center Houston, 1601 NASA Road 1. [www.spacecenter.org](http://www.spacecenter.org) 281/244-2100

**1-Jan. 8—GALVESTON: Twenty to Watch** Presents a traveling exhibition of emerging artists from the Austin area. Galveston Arts Center. [www.galvestonartscenter.org](http://www.galvestonartscenter.org) 409/763-2403

**1-Jan. 8—HOUSTON: The Surreal Calder** Upon close examination, it is clear that Alexander Calder had strong surrealist origins. The exhibition consists of nearly 60 objects created between 1932 and 1947. The Menil Collection. [www.menil.org](http://www.menil.org) 713/525-9400

**1-Jan. 14—HOUSTON: Klee & America** Exhibition comprises about 80 works. Explores the reason's behind the German-born artist's enthusiastic reception in the United States, especially during the 1930s and 1940s. The Menil Collection. [www.menil.org](http://www.menil.org) 713/525-9400

**1-Jan. 22—HOUSTON: Robert Gober: The Meat Wagon** The Menil Collection. [www.menil.org](http://www.menil.org) 713/525-9400

**2—BEAUMONT: Annual Christmas Tour of Homes** 409/842-3135

**2—GROVES: First Friday in Groves Celebration** Lincoln Avenue. [www.grovescofc.com](http://www.grovescofc.com) 800/876-3631

**2—HOUSTON: Jubilee of Dance: A Celebration of Movement** Showcases the depth and range of the Houston Ballet company in a program of premieres and excerpts from signature works and beloved classics. Wortham Theater Center. [www.houstonballet.org](http://www.houstonballet.org) 713/227-2787

**2—LAKE JACKSON: Gulf Coast Bird Observatory Open House & Holiday Sale** 979/480-0999

**2—QUINTANA: Christmas Tidings on the Gulf** Quintana Beach County Park. 979/864-1541

**2—WEST COLUMBIA: Annual Light Up the First Capitol Festival** Includes a 6 p.m. lighted parade, 7 p.m. holiday food booths, photos with Santa Claus and story time with Mrs. Santa. Downtown West Columbia, American Legion Hall. [www.westcolumbia.org](http://www.westcolumbia.org) 979/345-3921

**2—WHARTON: Lighted Holiday Parade** Downtown. [www.whartontexas.com](http://www.whartontexas.com) 979/532-1862

**2-3—ANGLETON: 18th Annual Christmas on the Square** Includes a barbecue and chili cook-off, rides, lighted parade, Santa, tree walk, Cowboy Christmas Stories and more. Brazoria County Courthouse Lawn. [www.angletonchamber.org](http://www.angletonchamber.org) 979/849-6443

**2-4—GALVESTON: Dickens on The Strand** The Southwest's happiest holiday celebration fills the streets with costumed characters, glittering parades, exciting entertainers and unique vendors as the Galveston Historical Foundation re-creates Queen Victoria's London. 409/765-7834 or 888/425-4753

**2-4, 9-11—BAYTOWN: Steel Magnolias** Baytown Little Theater. E-mail: [ellenbradj@aol.com](mailto:ellenbradj@aol.com) 281/424-7617

**3, 17—ALVIN: Peddler's Market** 281/331-4491

**3—ANGLETON: Jingle Bell Fun Run** Fun run for all ages ends with a pancake breakfast. Gazebo to Angleton Recreation Center. [www.angleton.tx.us](http://www.angleton.tx.us) 979/549-0410

**3—BEAUMONT: Annual Holiday Tree Lighting Festival** Kids can create their own ornaments to hang on the tree, visit with Santa Claus, decorate and eat cookies. Hours are 3:30 to 5:30 p.m. Grounds between the Art Museum and Energy Museum. 409/880-3927

**3—BEAUMONT: Downtown Christmas Parade** Includes daytime festivities with museums and a 6 p.m. lighted parade. 409/880-3716

**3—GROVES: Downtown Groves Christmas Parade** [www.grovescofc.com](http://www.grovescofc.com) 800/876-3631

**3—LA PORTE: Pearl Harbor Ceremony** Commemorates the Dec. 7, 1941, bombing of Pearl Harbor. Join in paying respect to those whose sacrifices saved our freedom. Begins at 11 a.m. Battleship Texas State Historic Site. 281/479-2431

**3—MANVEL: The Naked Rib Smokehouse Car Show** 281/489-1000

**3—PASADENA: Yuletide Celebration** The public is invited for a traditional celebration at a 1890s farmhouse. Armand Bayou Nature Center, 8500 Bay Area Blvd. 281/474-2551

*(Continued on page 7)*

# SUMMERWOOD

## Texas Events - (Continued from page 6)

**3—PORT NECHES: Christmas Parade** Includes floats, bands, dance schools and churches. Begins at 2 p.m. Port Neches Avenue. E-mail: pncoc@swbell.net 409/722-4023 or 409/722-9154

**3—RICHMOND: Miracle on Morton Street** Features Santa making his grand entrance by rappelling from a water tower, street entertainment, vendors, visits with Santa and children's activities. Held in conjunction with the Candlelight Tour of the Historic John Moore Home. www.historicrichmond.org 281/341-8033

**3—ROSENBERG: Christmas in Rosenberg** Features food and craft vendors, traditional Christmas entertainment, light parade, visits with St. Nick, Rosenberg Railroad Museum tours, SnowLand and more. Hours are noon to 9 p.m. Historic Downtown Rosenberg, between 2nd and 4th streets and Avenues F and G. www.rosenbergtourism.com 832/595-3520

**3—WEST COLUMBIA: Christmas Open House** Varner-Hogg Plantation. 979/345-4656

**3—WHARTON: Christmas on the Square** Downtown. 979/532-1862

**3-4—EL CAMPO: Annual Christmas Mall** Civic Center. www.elcampochamber.com 979/543-2713

**3-4, 9-11, 15-24, 26—HOUSTON: The Nutcracker** This ballet is a holiday treat. Wortham Theater Center. www.houstonballet.org 713/227-2787

**3, 10—ALVIN: Breakfast with Santa** 281/388-4300

**4—ANGLETON: Seventh Annual Tour of Homes** Visit five homes decorated for the holidays. E-mail: beth@angletonchamber.org • www.angletonchamber.org 979/849-6443

**4—BAY CITY: Road Rider's Seventh Annual Toy Run** E-mail: mattfiore@sbcglobal.net 979/245-4277

**4—PASADENA: Philharmonic Society Symphony Concert** 713/941-3332

**6—ALVIN: ACC Foundation Evening Annual Christmas Gala** 281/756-3600

**6—ORANGE: Oak Ridge Boys** Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

**6-18—HOUSTON: Cats** Create a new holiday memory with this Andrew Lloyd Webber classic. Hobby Center for the Performing Arts, 800 Bagby. www.tuts.com 713/558-TUTS or 888/558-3882

**7-Jan. 15—HOUSTON: Baby: A Musical** Three couples react differently to the news that they will have a baby. www.stagestheatre.com 713/527-0123

**8—PORTLAND: Christmas in Portland** Enjoy a lighted night parade, picture with Santa, children's Christmas games and caroling. Daniel P. Moore Community Complex. E-mail: chamber@portlandtx.org • www.portlandtx.org 361/643-2475

**8-10—BEAUMONT: YMBL South Texas Shootout Basketball Tournament** 409/832-9991

**9-10, 16-17—RICHMOND: Campfire Christmas** George Ranch

(Continued on page 9)

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# SUMMERWOOD

## Texas Events - (Continued from page 7)

Historical Park. [www.georgeranch.org](http://www.georgeranch.org) 281/343-0218

**9-11, 16-18—HOUSTON: Winter Wild Festival** Features music of the season, delicious holiday treats from Ms. Claus' Kitchen, unique "Sea Lions in Winter" show and more than 500,000 spectacular twinkling lights. Houston Zoo. [www.houstonzoo.org](http://www.houstonzoo.org) 713/533-6500

**10—BEAUMONT: McFaddin-Ward House Christmas Open House** 409/832-2134

**10—CLEAR LAKE AREA: 44th Annual Christmas Boat Parade** More than 100 beautifully lighted and extravagantly decorated boats travel leisurely through the lake and up the Clear Creek Channel to Galveston Bay. Begins at 6 p.m. Parade can be viewed along the shoreline in Seabrook and Kemah. [www.boatparade.classroompages.net](http://www.boatparade.classroompages.net) 281/338-0333 or 877/285-3624

**10—FRIENDSWOOD: Holiday Lighted Parade** The lights and music will put viewers in the holiday spirit. Take a picture with Santa. Begins at 6 p.m. South Friendswood Drive. E-mail: [fwdchmber@swbell.net](mailto:fwdchmber@swbell.net) • [www.friendswood-chamber.com](http://www.friendswood-chamber.com) 281/482-3329

**10—PORT ARTHUR: Los Posadas/Bethlehem on the Boardwalk** Candlelight parade depicts the hardships Mary and Joseph encountered along their way to Bethlehem. Downtown Port Arthur. E-mail: [pacvb@portarthurtexas.com](mailto:pacvb@portarthurtexas.com) • [www.portarthurtexas.com](http://www.portarthurtexas.com) 409/962-8017 or 409/985-7822

**10—WEST COLUMBIA: Brazoria County Bluegrass Concert** Begins at 7 p.m. American Legion Hall, 213 N. 14th St. [www.westcolumbia.org](http://www.westcolumbia.org) 979/265-4757

**10-11, 16-18—HOUSTON: Christmas Revels 2005** This annual celebration of the winter solstice travels back to the 18th century to follow the journey of the "Voyageurs" as they canoe the Trois Rivières of French Canada. Moores Opera House, University of Houston. [www.revelshou.com](http://www.revelshou.com) 713/669-9528 or 713/668-3303

**10-23—HOUSTON: The Toys Take Over Christmas** Tells the story of Sunny, a rag doll, who comes to life when the Toymaker sprinkles her with magic dust. The Toymaker refuses to part with any toys, preferring to keep them to himself. Sunny makes an astonishing discovery that divides the loyalties of her newfound friends and jeopardizes the Toymaker's claim to be the "greatest toymaker in the world." [www.stagestheatre.com](http://www.stagestheatre.com) 713/315-2525

**10-Jan. 1—BEAUMONT: McFaddin-Ward House Christmas Exhibit** 409/832-2134

**11—LAKE JACKSON: Holiday Tour of Homes** 979/265-2505

**11—WEST COLUMBIA: Holiday Home Tour in Historical East**

**Columbia** Visit historical homes decorated for the holidays. Hours are 2 to 5 p.m. Main Street in East Columbia. 979/345-2979

**11-Jan. 1—PORT ARTHUR: Winter Odyssey** 409/985-7822

**13—NEDERLAND: Lighted Christmas Parade** Begins at 6 p.m. [www.nederlandtx.com](http://www.nederlandtx.com) 409/722-0279

**14—SAN BENITO: El Second Weensdee** The Narciso Martinez Cultural Arts Center presents an oral history series on conjunto music. Begins at 7 p.m. The Narciso Martinez Cultural Arts Center. 956/361-0110

**16—ALVIN: Christmas Train** Victory Camp. 281/388-2267

**16-18—PORT NECHES: Trade Days on the Avenue** 409/722-4023

**17—EDNA: Christmas Crafts** Bring the kids and prepare for the holidays by making Christmas crafts to decorate your home. Lake Texana State Park. E-mail: [cindy.mcmore@tpwd.state.tx.us](mailto:cindy.mcmore@tpwd.state.tx.us) 361/782-5718

**17-18—CORPUS CHRISTI: Seashore Marketplace** Enjoy Christmas shopping on the beach. Includes marketplace and live music. Balli Park Pavilion on North Padre Island. [www.seashoremarketplace.com](http://www.seashoremarketplace.com) 361/332-9978

**18—BEAUMONT: Symphony of Southeast Texas Presents an Elvis Christmas Tribute** Julie Rogers Theatre. [www.sost.org](http://www.sost.org) 409/892-2257

**21—ALVIN: AYLAA Barrel Race** [www.aylaa.org](http://www.aylaa.org) 281/388-1129

**27-29—ALVIN: Holiday Basketball Tournament** 281/331-4132

**31—BAYTOWN: The Complete Works of William Shakespeare (Abridged)** Baytown Little Theater. E-mail: [ellenbradj@aol.com](mailto:ellenbradj@aol.com) 281/424-7617

**31—CLEAR LAKE AREA: Fireworks over Clear Lake** From a barge on Clear Lake, view this show that begins at midnight. Celebrate the New Year while watching this magnificent fireworks display. [www.seabrooknow.com](http://www.seabrooknow.com)

**31—DICKINSON: New York, New York!** Spend New Year's Eve with the great music of Old Blue Eyes. Bash is complete with champagne breakfast, party hats, noise-makers and all. Bay Area Harbour Playhouse, 3803 Hwy. 3. [www.harbourplayhouse.com](http://www.harbourplayhouse.com) 281/337-SHOW

**31—PORT ARTHUR: Harvest Time Bible Church New Year's Celebration** Bob Bowers Civic Center. 409/983-5787

*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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**Business Classifieds** are \$45.00. Please contact Kelly Peel, [kelly@peelinc.com](mailto:kelly@peelinc.com), 512-589-5471.

### 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 newsletter by advertising, please contact Peel, Inc. Sales Office at 512-989-8905; [advertising@PEELinc.com](mailto:advertising@PEELinc.com). **The deadline for ads is the 10<sup>th</sup> of each month.**

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# SUMMERWOOD

## Curing Common Cold And Flu Myths

(NAPSA)-When the sniffles and aches invade your home this year, it might be time to reconsider your approach. Millions of Americans get a cold or the flu each year and, for many, acting on common misconceptions about treatments may actually prevent them from getting better faster.

"The best approach to treating symptoms is to talk to your pharmacist or doctor," said Lindsey Stephens, pharmacist and director for Medicine Shoppe International, Inc. "There are countless old wives' tales about colds and the flu but your pharmacist can help identify remedies for your individual symptoms."

So what's true and what's myth? Medicine Shoppe Pharmacists have identified three popular cold and flu misconceptions as well as tips for avoiding a cold or the flu.

**Myth 1:** Getting a flu vaccine can give you the flu.

Flu vaccines are not live viruses and cannot give you the flu. But some people may have reactions to the shot or inhalation, including achy muscles, fever and drowsiness.



**Myth 2:** Antibiotics can cure the flu.

Most flus are viral illnesses, not bacterial, so antibiotics are not usually the best treatment option. Instead, treat the flu with rest, fluids and medications such as pain relievers and decongestants that relieve symptoms.

**Myth 3:** The more vitamins you can take, the better.

Taking a multivitamin helps strengthen your immune system but excess vitamins are eliminated by the body. For some people, unpleasant symptoms such as stomach discomfort

may occur due to unabsorbed vitamins in the intestinal tract. Talk to your pharmacist to find the right balance for your health.

There are proactive measures to protect your family from viruses this season. Pharmacists suggest:

- Getting a flu shot-Even if you had one last year, get it again. Flu viruses change each year and immunity declines over time.
- Taking a daily multivitamin-Strengthen your immune system with the recommended amount of vitamins and minerals.
- Considering a zinc regimen-If you feel a cold coming on, try a zinc supplement, which is intended to shorten the duration of a cold.
- Talking to your pharmacist-If you do get sick, your pharmacist can help you choose the best medicine to treat your symptoms. If your symptoms persist for longer than a week, check with your doctor.

For more information on medications or to find the nearest Medicine Shoppe Pharmacy and upcoming flu vaccine clinics, visit [medicineshoppe.com](http://medicineshoppe.com).

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