

SUMMERWOOD

live friendly.



Volume 8, Issue 2

Summerwood Community Association

www.summerwood.org

February 2006

Eat Well to Stay Motivated and Energized

Do you have trouble exercising at noon or after work even though you're truly committed to exercise and it's the only time you have to work out?

Do you feel so exhausted that you just can't face the gym?

Your diet - rather than simple sloth - may be the problem.

If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused.

Then you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work.

If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling lightheaded and exhausted afterward, you'll be energized and refreshed.

Stay with feel-good foods

One key to staying motivated to exercise is to keep the amount of sugar in your blood - and thus, your energy level - stable. You can best do that by eating a series of small meals throughout the day - as many as five or six - that are composed of complex carbohydrates such as whole grain breads, beans and other vegetables, whole grain crackers and fruit.

If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to work with you.

Eating complex carbohydrates helps keep your blood sugar stable because they are digested and absorbed slowly into the blood and don't require your pancreas to produce much insulin.

Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to produce large amounts of insulin. So, while they may give you an initial boost, your energy will drop off quickly, and your mood will follow.

The amount of sugar in your blood is also related to the amount of serotonin in your brain. Serotonin is an important chemical called a neurotransmitter that helps to regulate mood.

If your level of serotonin is where it should be, you'll have a sense of well-being and confidence - and feel ready to tackle the treadmill. Should it drop, you may feel tired and depressed.

If you often experience a craving for carbs, this may be your brain's way of telling you it needs more serotonin.

You'll keep your motivation to exercise if you:

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains and fruit or fruit juice.
- Eat small, frequent small meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated, keeping a water bottle at your desk at work.
- Limit - or eliminate - the amount of caffeine in your diet.

Cut the caffeine

What about caffeine? Good question. Many athletes rely on caffeine for the initial

kick it can provide.

Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in your blood. Further, it can cause dehydration, which can also sap your energy.

While drinking a caffeinated beverage may help get you to the gym, within an hour you may feel tired and too lightheaded to complete your workout, or to do it well.

If you plan to engage in running or other highly vigorous activity, remember that some forms of caffeine, coffee in particular, can lead to mild gastronomical distress, as can some bulky foods.

So, you'd be wise to limit the amount of coffee, tea and soda that you drink for a number of reasons.

Suppose you're an early bird, and your best time to work out is in the morning before you go to work. For quick energy, drink some juice upon rising and avoid coffee.

Once you've completed your workout, have a more solid breakfast of whole-wheat cereal or toast and fruit to fuel your concentration for the morning's work. If you work out and eat too lightly, chances are you'll get "the drowsies" by 2 p.m., if not sooner.

Keep in mind that finding the right combination of food and drink to energize your workout - whatever time of day you choose - may take some experimenting. It all depends upon your individual tastes and your metabolism.

With a little patience, an open mind and a little creativity, you'll determine which foods suit you best.



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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Kindred Hospital Houston Northwest Offers FREE Support Groups and Diabetes Classes to the Community

Free Better Breathers Support Group meets the 4th 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.

Free Diabetes Support Group meets the 1st Tuesday of each month from 6:30 pm – 7:30 pm in the hospital cafeteria led by Sylvia Kircher, RN, CDE, CPT.

Free Diabetes Teaching Classes

These 3 classes will be given on the following Saturdays: Jan. 14, Feb. 11, March 11, April 8, May 6, June 3, July 15, August 12, September 9.

These classes will be repeated on a monthly basis, which allows you to take classes when it is convenient for you. 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.

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SUMMERWOOD

Choosing Quality Child Care That Is Right For You And Your Child...

Working parents' most difficult task is leaving their children in someone else's care. Ideally, many parents would stay home with their children. However, financial circumstances or the desire to return to careers makes this impossible for many parents. Other parents may explore educational child care to ensure that their child has a quality foundation for learning. Whatever the reason, the process of choosing a preschool or child care center can be stressful. It is important for parents to know what to look for in a good child care center.

When considering child care and preschool, parents should ask potential providers the following questions:

- **Student to teacher ratio.** What is the student to teacher ratio? How does it compare to state standards? Can the teachers take care of the number of children they have? Even in group care, it is important that children get a healthy dose of one-on-one time.
- **Teacher qualifications.** What are the training requirements for teachers? Is there ongoing professional development for teachers? Are teachers certified in first aid and CPR? Caregivers with degrees and/or special training will be better able to help your children learn.
- **Accreditation.** What type of accreditation has the child care center achieved? Does the accreditation process include both internal and external evaluations on an ongoing basis? Accreditation means that the child care center meets voluntary standards for child care that are higher than most state licensing requirements.
- **When visiting the school or center, observe the children around you.** Are the children engaged in organized activities and interacting

with teachers? Children should never just wander, unsure of what to do next. In a well-run child care center, teachers are busy down on the floor with the children and holding babies, and the director should easily step in to help.

- **Center policies.** What are the center's policies on safety and parent communications? How does the center handle sick children? What are the payment options? Knowing the center's policies will help you evaluate which child care center is right for you and your child.
- **Talk to other parents.** What preschools and child care centers do your friends recommend? What qualities of child care centers are most important to them? Talk to people you know and trust about their choices for their children's care and education. When visiting child care centers, talk to parents of the children who attend about their experiences there.

Trusting someone else to care for your child is extremely difficult. It is normal for your child to take a few days to adjust to the new environment, but be sure to watch how the teachers handle your child's adjustment. Are they reassuring and do they pay extra special attention to your child during this time?

Go with your gut feeling. You will know if the place is right for your child when you interact with the teachers and staff. The care and education that your child receives during the early years serves as a foundation for the child's future and is crucial to his or her development. There are many different child care options, so keep searching until you find what is right for you and your child.

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SUMMERWOOD

Texas Events - February

1—CORPUS CHRISTI: *The Coats* A capella vocal quartet performs at Selena Auditorium. 361/980-1949

1-28—WEST COLUMBIA: *Black History Month Exhibit* Columbia Historical Museum, 247 E. Brazos Ave. 979/345-6125

3-4—HOUSTON: *Ballet Hispanico Night Club* This is a sensual, three-dance piece portraying the evolving role of Hispanics in the Americas. Begins at 8 p.m. Show not recommended for children younger than age 14. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA

3-Apr. 23—HOUSTON: *Eva Hesse Drawing* The exhibition features about 100 of the artist's finished drawings, as well as examples of her early drawings, major examples of Hesse's "reliefs" of 1965 and a group of sculptural works, and several "test pieces." The Menil Collection. www.menil.org 713/525-9400

4—ALVIN: *Alvin ISD Education Foundation Mustang Bayou Turbo Turtle Race* 281/331-2586 or 281/388-1130

4—EDNA: *Celebrate Birds Day* Begins at 10 a.m. with a bird-watching hike on the trails. At 1 p.m., see the All About Birds Presentation. At 2:30 p.m. learn more at the Build a Bird Feeder or Bird House presentations. Lake Texana State Park. E-mail: cindy.mclemore@tpwd.state.tx.us 361/782-5718

4—HOUSTON: *Donizetti's Don Pasquale* Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

4—ROCKPORT: *Bountiful Bowl Pottery Fair* Features 30 clay artists from Texas and nearby states. Rockport Fulton High School Commons area. 361/729-5352

4—VICTORIA: *Outdoor Expo* Victoria Community Center. 361/572-9604

5—BEAUMONT: *The Will Rogers Follies* This is a dazzling spectacle about America's first international multimedia sensation whose wit and homespun

wisdom still ring true today. Begins at 3 p.m. Julie Rogers Theatre. www.beaumont-tx-complex.com 409/838-3435

5, 8, 11—HOUSTON: *Puccini's Manon Lescaut* Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

6-7—ORANGE: *Circque Rain* Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

6-8, 17-19—SOUTH PADRE ISLAND: *Market Days* Shop collectibles, arts & crafts, jewelry and unusual items. South Padre Island Convention Center. 956/761-6746

7—VICTORIA: *Instrument Society of America Annual Exhibit* Victoria Community Center. 361/987-7297

8-26—HOUSTON: *Searching for Eden: The Diaries of Adam & Eve* The world's first lovers meet in paradise at the dawn of time and embark on an epic, exuberant battle of the sexes. One fall from grace and several thousand years later, the middle-aged couple returns to present-day Eden attempting to recapture their primal passion. www.stagestheatre.com 713/527-0123

10—BEAUMONT: *The Golden Dragon Chinese Acrobats* Presents spellbinding, award-winning acrobatics, traditional dance, spectacular costumes, and ancient and contemporary theatrical techniques. Jefferson Theatre. www.jeffersontheatre.org 409/835-5483

10-11, 17-19, 24-25—BAYTOWN: *The Importance of Being Earnest* Baytown Little Theater. E-mail: ellenbradj@aol.com 281/424-7617

10-12—BEAUMONT: *United Cheer National Cheer & Dance Competition* Ford Arena. www.fordparktx.com 409/951-5400

11—VICTORIA: *Black History Parade & Festival* Parade begins at 10 a.m. at Patti Welder School on North Street then proceeds to the Victoria Community Center. The festival follows. 361/576-5650

11—VICTORIA: *Lippazaner Stallions* Victoria Community Center Arena. 407/366-0366

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

11-12—KATY: *Katy Antique & Collectible Show* Katy ISD Merrell Center. E-mail: info@cwgs.com • www.cwgs.com 877/840-3829

11-12—LA PORTE: *Remember the Maine* Pays tribute to Americans who fought in the Spanish American War and to the first U.S. Navy ship named *Texas*, which played a crucial role in the American Naval victory in Cuba. Memorial service is held on the bow of the ship at 3 p.m. Saturday and noon Sunday. Battleship *Texas* State Historic Site. 281/479-2431

13-14—HOUSTON: *Valentine's Day Lectures* Explore the wild world of animal mating and dating and learn about the zoo's renowned breeding programs to save endangered species. Houston Zoo. www.houstonzoo.org 713/533-6500

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

17-19—HOUSTON: *Alvin Ailey American Dance Theater* Begins at 8 p.m. Friday and Saturday and 2 p.m. Sunday. Jones Hall. www.spahouston.org 713/227-4SPA

17-19—PORT NECHES: *Trade Days on the Avenue* 409/722-4023

17-28—GALVESTON: *Mardi Gras!* Galveston Strand Historic District. www.mardigrasgalveston.com 888/425-4753

18—PORT ARANSAS: *Rotary Club Shrimp Boil* Proceeds benefit local youth activities and scholarships. Port Aransas Civic Center. 361/749-6222

18—VICTORIA: *Livestock Show Parade* 361/573-3707

18-May 7—CLEAR LAKE AREA: *Robots & Us* Meet the lifelike, intelligent machines known as robots — passionately created to maintain and extend human capabilities. Why do people embrace and fear them? The answer lies at the curious intersection where humans meet machines. Space Center Houston, 1601 NASA Road. www.spacecenter.org 281/244-2100

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(Continued on page 5)

SUMMERWOOD

Texas Events - (Continued from page 4)

22-Mar. 12—HOUSTON: *An Infinite Ache* Taking its title from a Pablo Neruda poem, this play chronicles a love that spans 60 years. www.stagestheatre.com 713/527-0123

23-26—PORT ARTHUR: 14th Annual Mardi Gras Weekend/Floral Fantasy Enjoy a traditional Mardi Gras celebration with six parades, carnival and fireworks. Features Texas music, zydeco, Cajun, oldies, national and regional acts. Includes children's activities, street entertainment, rock wall, bull riding and more. Downtown, 617 Proctor St. E-mail: laura@portarthur.com • www.portarthur.com/mardigras 409/721-8717

23-27—VICTORIA: Livestock Show Auction is Feb. 27. Victoria Community Center Dome, Grounds, Annex and Arena. 361/573-3707

23, 25-26—HOUSTON: *Swan Lake* Houston Ballet Artistic Director Stanton Welch creates a spectacular new version of this ballet. Wortham Theater Center. www.houstonballet.org 713/227-2787

24—CORPUS CHRISTI: The Hughes Brothers Branson vocal quintet performs at Selena Auditorium. 361/980-1949

24-26—PORT ARANSAS: Celebration of Whooping Cranes & Other Birds Includes birding bus and boat tours, renowned speakers, exhibits, trade show, seminars, demonstrations, concessions and more. Civic Center and Marine Science Institute. E-mail: info@portaransas.org • www.portaransas.org 800/452-6278

24-May 21—CORPUS CHRISTI: *Sacred Landscapes: Collins/Woodson/Dixon* Exhibit of works by these Texas-based artists addresses humankind's relationship with place and the spiritual, psychological nature of landscape. South Texas Institute for the Arts. www.stia.com 361/825-3500

25—BEAUMONT: *Gentlemen Prefer Blondes* This zany musical, set in the Roaring '20s, follows the mad-cap adventures of two chorus girls who board

a ship bound for Paris looking for rich husbands. Julie Rogers Theatre. www.beaumont-tx-complex.com 409/838-3435

25—BEAUMONT: *Symphony of Southeast Texas Performance by the Orchestra* Begins at 7:30 p.m. Julie Rogers Theatre. www.sost.org 409/892-2257

25—CRYSTAL BEACH: Mardi Gras Parade & Party Enjoy the festive floats, catch tons of colorful Mardi Gras beads and trinkets, and then follow the parade down Highway 87 to Gregory Park where revelers will enjoy an afternoon of frolic, food and music in the great Mardi Gras tradition. Parade begins about 11:30 a.m. www.lighthousekrewe.com 800/386-7863

25—HOUSTON: Teddy Bear Repair Clinic Bring your child and teddy bear to the Memorial Hermann Children's Hospital Teddy Bear Repair Clinic. Houston Zoo. www.houstonzoo.org 713/533-6500

25—LAKE JACKSON: Nature Day See live animals exhibits. Hear tips on enjoying nature in your backyard or at your favorite outdoor getaways. Youth planning to fish will need to bring rod, reel, tackle and bait. No artificial lures. Barbless hooks only. Nature scavenger hunt is from 10 a.m. to noon. Sea Center Texas. 979/929-0100

25-26—KEMAH: Mardi Gras Kemah Celebrate Mardi Gras all weekend with beads and zydeco music. Kemah Boardwalk. www.kemahboardwalk.com

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

28—PORT ARTHUR: Fat Tuesday Mardi Gras Party Bob Bowers Civic Center. 409/722-4233

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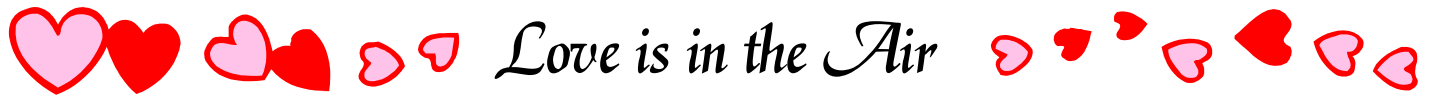
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Q	M	X	S	W	O	O	O	O	S	B	D	J	N	Z	P	E	U	F	L
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ADMIRATION
PARTY
RELATIONSHIP
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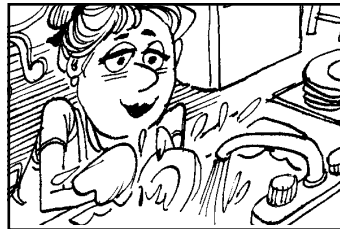
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SMILE

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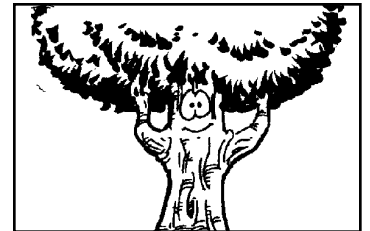
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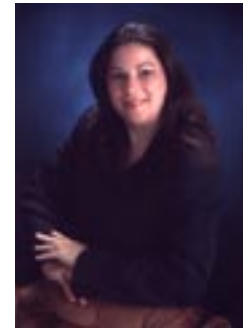
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• **Bahamas:** 4D Carnival Fantasy® Port Canaveral to Nassau/Freeport **Aug 13** Ocv \$495 Inside \$445 Thanksgiving **Nov 26** Ocv \$395 Inside \$335

• **Mexico: Memorial Day May 29 5D Carnival Ecstasy®** Galveston to Cozumel, Calica/Playa del Carmen Oceanview \$790 Inside \$720 **Limited cabins 25+ signed up!**

• **4th of July July 3 4D Royal Caribbean Monarch of the Seas®** Long Beach (LA) to San Diego/Catalina/Ensenada Oceanview \$485 Inside \$435 Hotel Group Rates fr \$69 (1-4 people) per rm/per night **Limited cabins 30+ people signed up!**

• **Labor Day Aug. 31 4D Carnival Ecstasy®** Galveston to Cozumel Ocv \$500 Inside \$440

• **Zydeco Music & Dancing: 4D Carnival Ecstasy® Nov 9** Galveston to Cozumel Oceanview \$490 Inside \$430 **Thanksgiving Nov 27 5D Carnival Ecstasy®** Galveston to Cozumel, Calica/Playa del Carmen Oceanview \$470 Inside \$400

• **River Cruises:** Enjoy activities like shrimp/crawfish boil, Mardi Gras Night, Music/Dancing Experience land tours such as: life of a slave, plantations, historical sites **Mississippi Queen 7N (rd trip) May 6** Baton Rouge to Natchez/Vicksburg/St. Francisville/Oak Alley Cat. B Outside Balcony \$3,370 Cat. F Outside \$2,445 Cat G Inside \$2,135 **7N June 17 Memphis** to Vicksburg/Natchez/St. Francisville/Oak Alley/Baton Rouge **FREE AIR** (from select cities) Cat B Outside Balcony \$2,755 Cat G Inside \$1,765 **Call for other dates/stateroom categories**

• **Mediterranean Cruise: 12D Aug 6 Celebrity Millennium®** Venice to Dubrovnik/Athens/Santorini/Naples/Rome/Florence/Nice (Cannes)/Barcelona Oceanview Balcony

\$3,260 Oceanview \$2,860 Inside \$2,560

• **Carnival Liberty® 12D May 7-Oct. 22 Rome** to Naples/Dubrovnik/Venice/Messina/Barcelona/Cannes/Livorno! **Aug. 11** Oceanview Balcony \$2,630 Ocv \$2,230 Inside \$1,830 **Oct. 22** Ocv Balcony \$2,180 Oceanview \$1,880 Inside \$1,580

• **Hawaii:** 5-star Kona Coast Resort, end-condo w/ sunset ocean view. View at: <http://lodging4vacations.com/big-island-hawaii/> **Please incl referred by Denise Labrie** in the contact form comment sect. **Call Denise for condo specials, air, rental car, tours**

• **EUROPE:** Air/Hotel/Tours - LOW per person Rates!! 10D **Greek Islander** From \$999 - Santorini/Mykonos/Athens 8D **Paris & Nice** - fr \$1299 8D **Egypt Super Saver** w/3D Nile cruise-Cairo/Aswan/Edfu/Luxor-fr \$1429 8D Affordable **Venice, Florence & Rome** - fr \$1199

Rates above are US dollars, based on availability, **double occupancy, subject to change until booked.** Cruise rates are **cruise only, include** port, taxes & charges. Call for triple/quad/suite rates. Air Hotel Packages available to **all** destinations. Alaska/Hawaii/Transatlantic Cruises.

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SUMMERWOOD

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.)

**View the Summerwood Community
Association newsletter each month
on-line at www.PEELinc.com**

At no time will any source be allowed to use the Summerwood Community Association Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Summerwood Community Association and Peel, Inc. The information in the Summerwood Community Association Newsletter is exclusively for the private use of Summerwood residents only.

LAKEWOOD CRUSADERS

New Beginnings

Bible Study

Friday - February 17, 2006

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

Summerwood Community Center

ALL ARE WELCOME

INCLUDING CHILDREN

LIGHT REFRESHMENTS SERVED

Contact:

Pastor Floyd and Alva Perry

gdnw@swbell.net

281-436-0779

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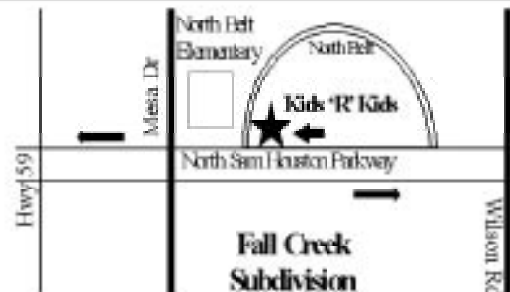
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Classifieds

FOR SALE: 2002 Toyota 4Runner SR5 - sport package, 65K mi, 3.4L v6, alarm, permavin glass etching, cd, running boards, \$17,900, price IS negotiable; **HP OfficeJet 520 All-in-One** - Print Fax Copy Scan all with this AFFORDABLE HP OfficeJet 520. Technical specifications are too numerous to list here and will be provided when I am contacted by you. This machine is in GOOD condition. \$60 obo.; **Cat or Dog House** - Indigo brand large cat/dog house; 23 ½" h x 33" d, 43" front to back, & 14 ¾" h entry. \$60 obo; **IMAGE 512 Personal Fitness System** - Gently used; accessories included; perfect working condition; pads and cushions are damage-free. \$400 obo; **iPod Shuffle 1GB**- Brand new, in-the-box, never opened iPod Shuffle - 1GB; up to 12 hours continuous playback w/ rechargeable lithium-ion battery; plays AAC, MP3, WAV, and Audible formats; included in box: iPod Shuffle, lanyard, earphones, and iTunes for Mac and Windows. \$90 obo.; **Artwork by Hugh Kepets**- Rare Hugh Kepets screenprint titled *Astor* - this 16"x 22" print is 18th of 67; matted and set within a 24"x 29" brushed aluminum frame; signed by the artist; market value \$1200, sacrifice at \$800. angela_f@msn.com or 281-225-4706.

FOR SALE: Maytag Electric Dryer - Neptune in good condition - \$65.00. Call Ramona at 281-458-2830.

Personal classifieds (up to 30 words) run at no charge to Summerwood residents. They are a great way to sell things like old furniture, bikes, appliances... (no product lines or services please, just one time sell items). To run a personal classified, email your ad as you'd like it to run to articles@peelinc.com by the 10th of the month for the upcoming month's newsletter.

Business Classified Ads

Business Classifieds are \$45.00. Please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com

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



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Prevention Is The Key To Decreasing Oak Wilt Spread *TFS Urges Caution When Selecting and Transporting Oak Firewood*

Texas Forest Service is encouraging Texans to be careful when collecting and purchasing firewood at this time of year. Transporting and storing diseased wood is a known means of spreading the devastating oak wilt fungus to previously uninfected neighborhoods. Utilizing these prevention steps is the key to safeguarding against spreading the disease through the selection and use of firewood:

- **Select well-seasoned firewood.** Well-seasoned wood is cut before the summer and is typically dry with loose bark and cracked ends. Avoid oak wood that appears unseasoned, that may have tight bark and cut ends which show no cracks or signs of aging. The extreme heat and drying of a full Texas summer effectively destroys the fungus in cut firewood.
- **Safely store unknown sources of firewood.** If the oak wood comes from an unknown source and it is not well seasoned, cover the woodpile with a clear piece of plastic. Burying the edges of the plastic will prevent the entry or exit of insects that might have been attracted to diseased wood and fungal mats.
- **Destroy diseased red oaks.** A knowledgeable arborist or forester should diagnose red oaks (i.e., Spanish, Texas red, blackjack or shumard oak) that die rapidly (2-3 weeks) or in groups (2 or more trees over several years) for oak wilt. Trees suspected to have died recently from oak wilt should be destroyed by burning, burying or chipping. The heat of a fire destroys the fungus and the smoke emitted poses no threat to healthy trees. When planning to do any outdoor burning, be sure you check with local officials to see if an outdoor burning ban is in place for your county and take care **not** to burn on windy days with low humidity.
- **Avoid wounding oaks during vulnerable seasons.** The general recommendation is to avoid injuries to oaks from February through June. The best times for pruning of oaks are during the heat of summer (minimal spore production) or the cold of winter (minimal insect activity).
- **Paint all oak wounds including pruning cuts.** Throughout the year, immediately apply a thin coat of latex or pruning paint to all fresh wounds and other injuries that expose the inner bark or sapwood of oaks. This prevents contaminated sap beetles from infecting the wound with oak wilt spores.

Oak firewood is an important commodity to Texans, whether it's used for firing up the barbecue pit or for warming up the home on a cold winter's day. By selecting well-seasoned, disease-free firewood and by following other disease prevention guidelines, homeowners are taking the correct steps to prevent a new oak wilt disease outbreak in their neighborhood. Visit <http://texasforestservice.tamu.edu/forest/oakwilt/default.asp> or www.texasoakwilt.org for more information, or call the TFS/Lower Colorado River Authority's Oak Wilt Hotline-512-473-3517.

Establishing a Web Site 101 -- for Business or Fun

By Kaylee Kolditz, Kaylee@kayleeskoaching.com

As we've likely all figured out by now, the Internet is here to stay. Many of us use it daily and the rest use it at least occasionally. From weather and news to shopping and chatting with family and friends, the Web has become as much a part of our lives as the telephone and the automobile.

The good news for businesses and individuals looking to establish themselves as an entity on the Web is that building a basic Web site has become easy and affordable. Getting started is just a matter of knowing what you need to do. So, here are six steps for launching a basic site that can be uniquely you:

1. Select a domain name.

The domain name is the address for your site -- also called the URL (for example www.companyname.com). Come up with a list of several names you can choose from; each of which should indicate to Web visitors something about your site or your business (i.e. SmithFamilyPhotos, BusinessName, WhatIKnowAboutXYZ, etc.). You can be creative, but make sure that the name is easy to spell and easy to remember.

2. Register your domain name.

Now it is time to see if the name you want is available and get it registered. You can accomplish both tasks by visiting a domain name registrar (a Google search will give you many to choose from). You will have the option to choose from a variety of extensions (that is the part after the "dot"; i.e. com, net, biz, org). The registrar should provide guidance on the appropriate use for each extension. Dot com tends to be the most frequently used extension, so if you really like the domain name you've selected and it is already registered using ".com", consider using .net or one of the other alternatives.

3. Find a Web host/design service.

There are numerous services that can provide both the design and the hosting of your site. Again, an online search will reveal many services you can choose from. Shop around -- review prices as well as offerings. (Keep in mind that if you want a lot of bells and whistles on your site or are developing an eCommerce site, you'll need to do a bit more research and should consider using a Web developer and/or designer for your site build.)

4. Select a template.

Perhaps the easiest way to build a site is to use the templates provided by the online design and hosting company you choose. The selection is getting broader and some services even allow limited customization, such as choice of color or addition of your own graphics. Make sure you review the selection of templates and find several options you're willing to use before you purchase your service.

5. Develop your content.

Content is basically the words of your site. What will your site say to your visitors? Keeping your content short and to the point will increase your chances of having it read. Additionally, adding some personality to your words -- showing a bit of who you are or what your company culture is -- can help make your site more inviting.

6. Share with the world!

The adage "If you build it, they will come" does not apply to Web sites. If no one knows your site exists, no one will visit. So, start spreading the news. Send an email to friends, family, colleagues -- everyone. If yours is a business site, look into search engine marketing and other online advertising opportunities. Know who you want to visit your site and find a way to let them know the site is now live and waiting for them!



Tracy Montgomery
Keller Williams Realty



www.har.com/tracymontgomery

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The short days of winter are beginning to lengthen giving us renewed energy and optimism. I am optimistic that the real estate market will continue to be strong! Have you thought about purchasing property as an investment? Call me – I look forward to helping you review your options!

Home 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!

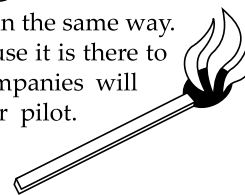
Part of my success as a Real Estate Professional comes from referrals. If you have any family, friends or acquaintances that may have real estate needs, please pass my name and number on to them or call me with their name and number. I will be sure to give them the best service possible!



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

Re-lighting Pilot Lights

Pilot lights on gas water heaters and furnaces work in the same way. The pilot flame should remain lit at all times because it is there to light the main burner on demand. Most gas companies will come to your home, free of charge, and re-light your pilot. However if you want to do it yourself, this is how:



1. Turn the control valve to the OFF position, then turn it to the PILOT position.
2. Push the red button (or in newer models, the valve itself) to release gas to the pilot light.
3. Light with a match; don't let up on the valve for 60 seconds as the thermocouple warms up.
4. Release the button and set the control valve to ON. If the heater still doesn't light or the pilot won't stay lit, call your gas company for assistance.

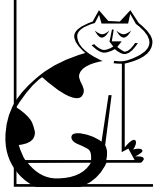
🔧 **Safety Tip:** The lighting sequence described here may be different for your heater. Be sure to follow the specific instruction for your appliance.

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

Allergic to Your Pet?

Dander and saliva are the cause of most allergic reactions to animals. To minimize their effects for people with mild allergies, here are some measures you can take:

- Wash and brush your pet frequently to reduce dander.
- Train animals to stay off furniture and out of bedrooms.
- Prior to purchasing a pet, do some investigating. Female cats may be less allergenic than males. Non-shedding dogs, such as poodles, are often tolerated better than animals that shed.
- Spend time with the animal prior to committing yourself to adoption or purchase. For example, take the animal on approval to the home of a friend. If you don't experience any symptoms after several hours of close contact, chances are you won't have an allergic reaction.



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

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Barker Ranch	Harris Branch
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Circle C Ranch	Lakeside Estates
Courtyard	Ridgewood
Coventry	Scenic Brook
Davenport Ranch	Settlers Park/Crossing/Overlook
Estates of Shady Hollow	Stone Canyon
Granada Hills	Westcreek

Houston

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