

SUMMERWOOD

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Volume 8, Issue 9

Summerwood Community Association

www.summerwood.org

September 2006

Fit Facts[™]

FROM THE AMERICAN COUNCIL ON EXERCISE[®]

Parents, Eat Your Words!

Are you pleased with your progress toward healthful nutrition and fitness habits but frustrated with your children's?

Do you suspect that the lunches you send to school are traded or thrown away? Do you shudder at the sight of your pantry shelves displaying high-fat snacks and sugary cereals that you vowed you would never buy? Can you really win the battle against advertising, peer pressure and kids' love affairs with sugar and fat?

The bad news and the good news

Kids today are fatter and less fit than previous generations. Between the mid-1960s and the late 1970s, obesity increased 54 percent among young children (ages six to 11) and 39 percent among adolescents (ages 12 to 17). Recent studies show that obesity has continued to increase into the '90s.

Food companies spend millions of dollars on television advertising to convince children that high-fat, high-sugar, processed foods are worth eating. Food is consumed because it's cool, fun or comes with a free toy rather than for its impact on health or even for its taste! So what's a parent to do? Eat your words! The fact is that parents who have adopted a lifestyle that includes healthful foods and regular exercise are living role models for their children.

We know that the behaviors children see most often at home are the ones they will be most likely to adopt for themselves and parents' efforts to promote healthy food habits do make a difference.

The first step is to stop battling with your kids about food. You may need to slow the rate of change in your children's food choices and offer reasonable alternatives as you gradually reduce those high-fat, high-sugar foods. Be sure to include some of their favorite foods in daily meals.

Stack the deck

Much of nutrition is common sense. For instance, stock the kitchen with a majority of healthy items, keeping in mind that kids want some of their favorite foods, which may be sweet and/or salty.

Buy pretzels, which are low in fat, instead of greasy chips. Keep cut-up vegetables and ready-to-eat mini-carrots in the refrigerator. Sprinkle air-popped popcorn with grated parmesan cheese instead of butter.

A good way to get kids involved and committed to healthy eating habits is to involve them with the food shopping and preparation. There are lots of children's cookbooks on the market; select one that emphasizes ways to modify many favorite foods rather than eliminate them. Children who feel competent to select and prepare food will make more intelligent food choices.

Balance is everything

The key to keeping kids happy and healthy is to strike a balance between foods that are good for you and those that just taste good, between leisure or TV time and physical activity.

Which brings us to the other side of the healthy living equation. The most obvious impact of inactivity on kids is the strong association between the number of hours spent watching TV and the level of obesity among youngsters.

Make physical activity a family affair. Go for walks, fly kites, rollerblade around the neighborhood, play miniature golf or other sports. Anything that gets you moving together will no doubt be good for you, too.



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View the
Summerwood Community Association newsletter
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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	

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

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Family Of Joy Sponsors Purpose Driven Life Home Study In Summerwood.

Family of Joy is a group of people with a purpose to reach out to people who feel spiritually empty. If that is you, consider attending a home group study of the PURPOSE DRIVEN LIFE by Rick Warren (currently one of the best selling books of all time). We will meet at the home of Mark & Donna Eichberger, 14518 Summerwood Lakes Dr, starting in late September. If you want more information, call Mark or Donna at 281-225-5000 or e-mail eich@entouch.net.

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.)

FAMILY OF JOY!

FAMILY JOY FEST!! Join us for a great afternoon of fun, games, prizes, and special entertainment for the whole family on **Saturday, September 16, from 4pm – 6:30pm.** Family of JOY is sponsoring this exciting event at Holy Trinity School, located on the Beltway just south of Summerwood at Lake Houston Parkway and Lockwood.

Also, beginning on Sunday, September 17, you are invited to join us at our Worship site (Holy Trinity School) for our new series called, "Winning @ Life!" Worship begins @10:30am and Sunday School @ 9:15am.

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www.joyforyou.org





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Health & Safety

When the school year begins, parents typically outfit their children from head to toe with new supplies and clothes. The return to school also signals a need for renewed vigilance in traffic safety, especially around school zones, school buses, and child care centers. Remember to watch out for excited and distracted youngsters who may act before they think.

Parents need to familiarize themselves with drop-off and pick-up practices. School officials say that parents are often the biggest offenders when it comes to ignoring parking, crosswalks, and safe arrival and departure policies.

Discuss the rules with your children and practice procedures with them during school off hours. Familiarity and repetition are the best guidelines for ensuring child safety.

Know the speed laws and driving patterns in your area.

Do not use a cell phone while in school zones. You need to be ready to react to a child who behaves spontaneously.

Review school zone safety rules with any teenagers in the family if they drive themselves to high school.



Household Tips

Because a bathtub weight constantly changes as it is filled and emptied repeatedly, it is common for a separation to occur between the bathtub and wall. It is important to monitor this joint, and to plan on sealing the cracks (even tiny ones) every year or so. The easiest solution is to use flexible waterproof caulking compound. It is typically called plastic tub and tile sealer and comes in a tube. Follow these steps to ensure a solid repair:

Scape away the old caulking before applying the sealer.

Clean and dry the area thoroughly to ensure a good seal.

Hold the tube at a 45-degree angle. Slowly squeeze the sealer into the joint, using a steady, continuous motion.

Try to do each side of the tub without stopping so that the line of caulking will be smooth and neat.

Allow the caulk to set for at least 24 hours before using the bathtub.

Kids are Back to School



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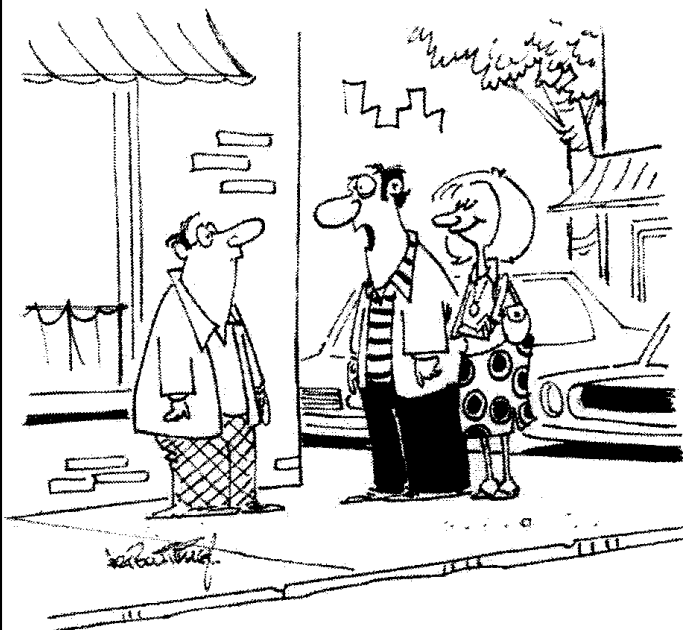
Sudoku

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

8		7			2		4	9
			3			7	1	
				6				
5				1		2		
			5		7			
	6							8
	7						8	
4				3	5			
	2	1			8			

**Solution can be found on page 7 © 2006. Feature Exchange*

Cartoon Corner



"I married 'Miss Right'. I just didn't know her first name was 'Always'."

Intimate Issues

A conference for every woman 18-80, single or married, who wants to understand God's heart for her sexuality

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Intimate Issues Conference

September 8th – 9th, 2006

Friday Evening: 7:00 pm ~ 9:30 pm

Saturday: 9:00 am ~ 5:00 pm

Humble Area's First Baptist Church

19901 Townsen Blvd. East

Humble, TX 77338

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SUMMERWOOD

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Publishing community newsletters since 1991

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Davenport Ranch
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Granada Hills

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Hutto Parke
Lakeside Estates
North Acres
Park & Lakeside of Blackhawk
Ridgewood

Scenic Brook
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Sendera
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Stone Canyon
Travis Country West
Villages of Hidden Lake
Westcreek

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Harvest Bend, The Village
Hastings Green
High Meadow Ranch
Lakes on Eldridge
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Waterford Harbor
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Kelly Peel, Sales Manager

kelly@PEELinc.com • 512-989-8905

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Sudoku Solution

8	3	7	1	5	2	6	4	9
6	9	2	3	8	4	7	1	5
1	5	4	7	6	9	8	2	3
5	4	3	8	1	6	2	9	7
2	1	8	5	9	7	4	3	6
7	6	9	4	2	3	1	5	8
9	7	5	6	4	1	3	8	2
4	8	6	2	3	5	9	7	1
3	2	1	9	7	8	5	6	4

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Summerwood residents, limit 30 words, please e-mail articles@PEELinc.com

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales at 888-687-6444 or advertising@PEELinc.com.

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\$250 - 299,999	2	0	1	4	1	1
\$200 - 249,999	2	3	8	9	1	4
\$170 - 199,999	2	4	4	1	2	5
Under \$170,000	0	4	1	1	8	4
TOTAL	7	15	14	18	16	17
AVG \$/Sq Ft	78.20	83.54	78.49	78.84	78.89	81.95

Summerwood Resident



Shalene Fox
Broker

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* All figures based off MLS data 7/10/06

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