

SUMMERWOOD

live friendly.

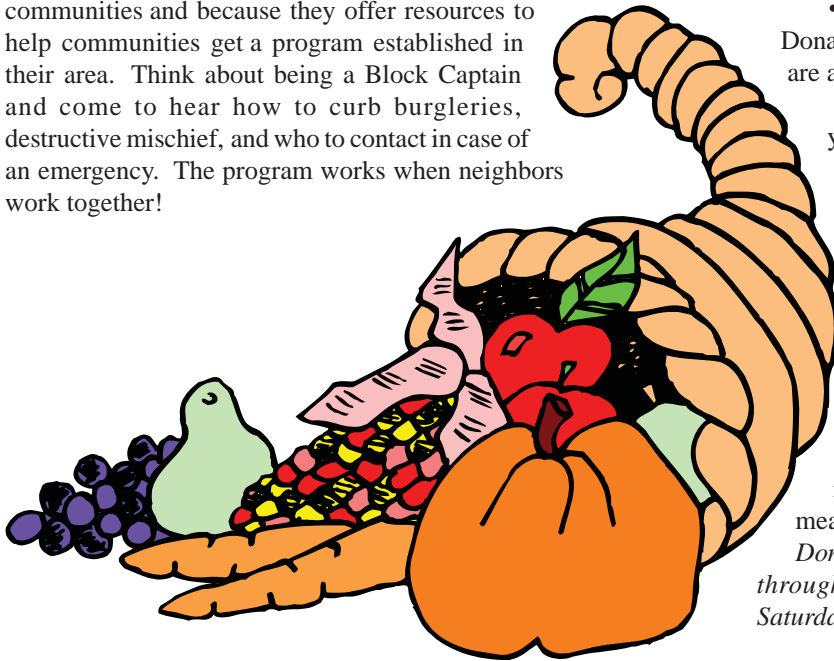


Volume 8, Issue 11
Summerwood Community Association
www.summerwood.org

November 2006

Summerwood Crime Watch

Mark your calendars! Tuesday, November 7, at 7:00 p.m. at the Summerwood Community Center; a Harris County Crime Watch Deputy will come to show homeowners how they can discourage crime before it happens. Crime Watch is a program that brings neighbors together, in conjunction with law enforcement officers, for the safety of their property and children. The Crime Watch Board has adopted the Harris County program because the Harris County Crime Watch program has been effective in other neighboring communities and because they offer resources to help communities get a program established in their area. Think about being a Block Captain and come to hear how to curb burglaries, destructive mischief, and who to contact in case of an emergency. The program works when neighbors work together!



Cypress Assistance Ministries

Food Pantry- You can brighten the holidays for families in our community by donating the following items to be used for Thanksgiving Food Baskets:

- Turkeys
- Canned Sweet Potatoes/Yams
- Dressing mixes
- Canned pumpkin
- Evaporated milk
- Cake mixes and Frosting

Donations of paper towels, toilet paper, paper plates and paper cups are also greatly appreciated.

Christmas Baking Basket- Imagine the holidays without your favorite cookies, candy or cake. A Baking Basket is a wonderful way to provide a CAM family with a special treat during the holidays. The baskets are put together using your favorite holiday cookie, cake or pie recipe along with all the ingredients needed to make the recipe. Be sure to remember flour, sugar, sprinkles, nuts and chocolate chips. Baking utensils or pans can also be added to the baskets. Let your imagination inspire you. Please bring the Baking Baskets to Cypress Assistance Ministries by December 15, 2006.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times.

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

Happy Thanksgiving

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

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 |
|----------------------------|--------------|

POST OFFICE

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

NEWSLETTER PUBLISHER

| | |
|---------------------------|---------------------------------------|
| Peel, Inc..... | 888-687-6444 |
| Article Submissions | articles@PEELinc.com |
| Advertising..... | advertising@PEELinc.com, 888-687-6444 |

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LAKEWOOD CRUSADERS

New Beginnings

Bible Study

Friday - November 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

Business Classified

GOT PETS? Taking a holiday vacation? Let your Summerwood neighbors take care of your home and/or pets. References available/reasonable rates. Lesa Angel and Sheri Pettit; 281-225-5725.

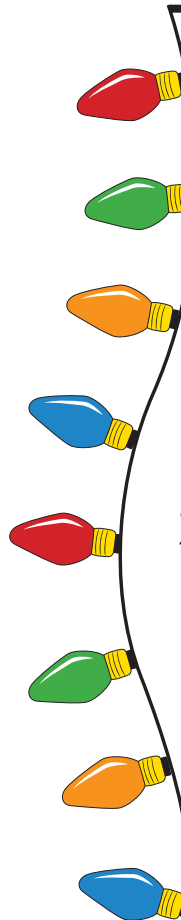
Cypress Contracting

Janet McCauley: **281-844-6201**
Beverly Hoffert: **713-213-2064**

In this holiday season, please allow us to decorate your home or do that all important home improvement in time for you to receive company.

Let us quote you for these services:

Holiday Decorations & Lighting
Paint/Interior and Exterior
Remodel
Power Wash Exterior
Fencing
Concrete





Tracy Montgomery



Between FRIENDS



Mobile: (713) 825-5905, tracy@tracysoldit.com, www.tracysoldit.com

Do the tasty treats of the holidays have you licking your lips or groaning at the calories? If you need a new dining room where you can gather for those special meals, call me and I'll help you find the perfect home for your celebrations.



Some people don't realize the many benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to point out how a quality Home Protection Plan can benefit you, whether you are buying or selling a home. A good Plan ensures the repair or replacement of covered home systems and appliances that fail due to normal use. For Sellers, this provides added value to your home when it is on the market. For Buyers, this means peace of mind and confidence in the purchase of your new home. I recommend to all my clients that a Home Protection Plan be included in their home transaction, and the company I trust to provide the *best service and coverage* is **Old Republic Home Protection**. Call me today for more information about how this valuable service can be put to work for you.

I give my best to my clients because I want their home purchase experience to be as smooth and stress-free as possible. If you have real estate needs, or know of someone who does, call me today – my number one goal is to exceed your expectations!



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

Health & Safety

Restaurant dining can be a challenge for the waistline conscious, especially with the variety of cuisine choices. How can you eat at Salvatore's and avoid the pasta with Alfredo sauce or steer clear of the Sweet-and-Sour Pork at the Golden Dragon? You can eat healthy if you stay away from deep-fried items, pastry, and foods and sauces prepared with large amounts of cream, butter, oil, salt, and cheese. Try these choices:



Instead of:

Chinese - Fried rice
French - Chocolate mousse
Greek - Fried calamari
Italian - Pasta w/butter or cream sauces
Japanese - Shrimp tempura
Mexican - Flour tortillas (contain lard)
Thai - Tom ka gai (chicken in coconut milk soup)
Vietnamese - Cha gio (fried spring rolls)

Try:

Steamed rice
Flambéed cherries
Dolmas (rice mixture wrapped in grape leaves)
Pasta w/marsala or marinara sauce
Fish or vegetable sushi
Corn tortillas (almost no fat)
Tom yam goong (hot and sour shrimp soup)
Goi cuon (fresh spring rolls)

Household Tips

It's the time of year for home entertaining, which means spills are more likely to happen. For quick and easy stain removal on carpet or clothing, try using some of these common household ingredients. (Always spot-test cleaning solutions in a less visible area to avoid bleaching.)

- Spray Windex on the stain and use a cool damp cloth to wipe away. With clothing, rub gently and throw it in the wash.
- Denture tablets dissolved in water will remove stains from carpet and clothing (even old stains).
- Apply Isopropyl Alcohol to a clean white cloth, blot the stained area on your carpet to lift up the stain – do not rub. Once the stain is gone, vacuum to fluff up the area.
- Use a 3-to-1 mixture of vinegar and water to remove most any carpet stain. For pet urine, a 50/50 mixture of white vinegar and water takes smells out of carpets and furniture.
- Spray carpet stains with Dow bathroom cleaner or Scrubbing Bubbles. Allow it to set for a minute, and then wipe up with a damp cloth.
- Baby wipes will take most any stain out of clothes and carpets, new or old.

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.)

Advertising Information

- Please support the businesses that advertise in the Summerwood Community Association Newsletter. Their advertising dollars make it possible for all residents to receive a 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 888-687-6444 or advertising@PEELinc.com for ad information and pricing.

START THE CHRISTMAS SEASON WITH "THE LITTLEST ANGEL"



Begin your Christmas celebrations with Messiah Lutheran's production of "The Littlest Angel". Admission is free. The play is scheduled for Saturday, December 2 at 6 PM and Sunday, December 3 at 3 PM. The play tells the story of the Littlest Angel, a precocious angel full of mischief, and her transformation as she gives a special gift to the Christ Child. The entire family will enjoy this humorous production. In order

to be certain the play is not overbooked, tickets are required, but they are free. Call Messiah Lutheran, 281-890-3013 to reserve your tickets. Messiah Lutheran is a grace place. All people are welcome. Messiah is located at 11522 Telge Road, 1/2 mile north of Highway 290. www.messiahlc.org

Classified Ads

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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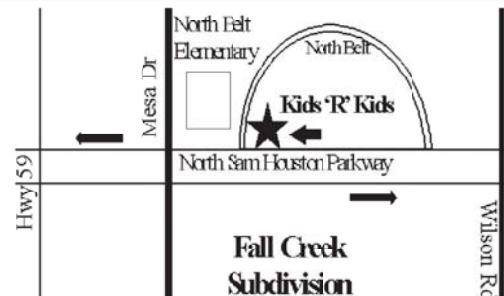
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- House Sitting

When you keep your pet at home you reduce stress by maintaining a familiar, secure environment, as well as a consistent diet and exercise routine and the risk of travel trauma is eliminated. With a pet sitter there is minimal exposure to illness of other animals, and the TLC your pet receives while you're away will provide you with peace of mind knowing your pet is happy and secure at "home".

Your home is more secure with the crime deterrent provided by a pet sitting service. Pet sitters can provide additional home services while caring for your pet, such as watering plants and bringing in the mail.

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SUMMERWOOD

NEW STUDY SHOW CURVES WORKOUT CAN BURN MORE THAN 500 CALORIES IN 30 MINUTES

Baylor University Researchers Link Calories Burned to Intensity, Fitness Level

Waco, Texas – May 23, 2006 - Curves International Inc., the world's largest franchisor of fitness clubs, announced today that Baylor University has concluded a study on the intensity of the Curves workout. A team of Baylor researchers, led by Dr. Richard Kreider, PH.D., FACSM, professor and director of Baylor's Exercise and Sport Nutrition Lab, has had the Curves program under close scientific scrutiny since the fall of 2002. Initial studies confirmed that the Curves program is effective at helping women lose weight, increase bone density, gain muscle strength and aerobic capacity, and raise metabolism.

This latest study focused on the intensity of the workout and the number of calories burned by study participants. Results correlated directly to the fitness level of the participants and the intensity at which they exercised. All participants were tested to accurately assess their fitness levels before beginning the study.

Fitness level is crucial data that correlates directly to the maximum number of calories a person is capable of burning in a given period of time. The least fit women in the Baylor study burned between 164 and 238 calories in 30 minutes. "The important thing to note here," said Kreider, "is that these women were working at 80 percent of their maximal heart rate and 64 percent of their maximal oxygen uptake—which was slightly below their anaerobic threshold—so they simply could not have burned any more calories in 30 minutes with

this or any other workout."

And the fittest test subjects? "They burned as many as 522 calories in 30 minutes," said Kreider. "as you progress and become more fit, your capacity for burning calories increases." (Estimated based on exercising at 64 percent of maximal oxygen uptake in women with higher VO2 maximums; in other words, trained women.)

Exercise intensity was measured by heart rate, oxygen uptake, strength demands, and calories burned. "All of these measurements were within the appropriate ranges for the women we tested, based on their maximal exercise capacity and fitness levels," said Kreider. "The Curves program elicits a mean exercise intensity that meets the recommendations of the American College of Sports Medicine (ACSM) and the American Heart Association for improving aerobic fitness, as well as eliciting the appropriate workload resistance as recommended by the ACSM and the National Strength and Conditioning Association (NSCA) for these women."

So what's the bottom line? "The Curves workout is unique in that the intensity can adjust automatically to the fitness level of the person doing it," said Kreider. "Not only does this help women stick with the program, but it helps them avoid injury while still permitting them to make substantial gains in weight control, fitness, and overall health."

Women's Exercise and Weight Loss Strategies



Which Ones Actually Work...

And Which One's Are Guaranteed To

**Torture You Repeatedly, Cost You A Fortune,
and Get You Absolutely No Results!**

If you are interested in a **Total Body Workout** and A Life Changing Solution that will have you saying **I Will Wear Fat Pants No More**, Then we need to Talk.

- ☒ We are the largest exercise facility for women in the world!!!
- ☒ According to the **Guinness Book of World Records**
- ☒ Try our new and exciting **BUMP it UP Advanced workout!**
- ☒ Curves Trainers to Assist **YOU** right here in Summerwood!
- ☒ **Time:** Our Holistic Proprietary Approach Gives You An Hour and a Half of Total Body Exercise **In Just 30 Minutes!**
- ☒ You Will Be Choosing A **Baylor University** Studied Program That Gives You Quantifiable Results **In Just 78 Hours A Year** Over A Traditional Program That Will Cost You and Your Family **234 Hours** In That Same One Year!

***Now Accepting
Appointments!***

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Houston, Tx 77044
In the Summerwood Shopping Plaza
www.curves.com
www.FatPantsNoMore.com

Curves

☒ Valid at Summerwood location only.

Ask about our Current Specials!!

20,000 Preschoolers 'Celebrated Cultures' With Ethnic Dress, Song And Donation Of School Supplies To Panamanian Children

Humble, TX – Twenty thousand preschoolers, dressed in silk gowns, saris or other ethnic dress joined hands on Friday, September 8 to symbolize the unity of children worldwide. Representing more than 150 Primrose schools across the nation, the students sang "It's a Small World," and provided a donation of school supplies to Panamanian children.

Marking the end of a week-long curriculum dedicated to 'Children Around the World,' the preschoolers learned about diversity, their heritage and the Panamanian way of life. To purchase the much-needed learning kits for Panamanian children, the students combined school-wide amounts from their Spring Fling events earlier this year. The preschoolers also sent special friendship bracelets to the children overseas, with the goal of sparking an ongoing relationship.

Celebrating Cultures illustrates one of the many ways Primrose promotes character development among its students. The Primrose Balanced Learning® curriculum combines the two leading philosophies in early childhood education – teacher-directed and child-initiated learning – with a balance of academics, character development and play.

"Children who learn these values at an early age develop into caring, generous adults who love their community and respect others," says Jo Kirchner, president and CEO of Primrose. "The Balanced Learning® curriculum assures that children are nurtured socially, emotionally, physically and academically. This offers parents peace of mind. And peace of mind leads to a happy family balance."

Primrose Schools is collaborating with School Specialty Inc., our longtime school supplier and Creative Associates International, Inc., a recent partner for Celebrating Cultures initiatives in Afghanistan and the Philippines. Designed to assist the citizens of struggling countries, Creative Associates International, Inc. helps governments, companies and nonprofit organizations improve their supportive services. For this donation, School Specialty will work directly with Creative Associates International, Inc. to determine a list of materials that are genuinely needed by Panamanian children. In addition, Creative Associates International, Inc. will team up with Paxton Shipping to carefully monitor the transportation of the supplies.



FAMILY OF JOY!

Need a church family and not just a place to visit? Come and hear a vision of hope and JOY, plus meaning and purpose for our lives.

We're neighbors, meeting every Sunday morning at Holy Trinity School, located on the Beltway just south of Summerwood at Lake Houston Parkway and Lockwood.

**Worship: 10:30am
Sunday School: 9:15**

Special Children's and Youth programs

**281-458-3231
www.joyforyou.org**

**Special Thanksgiving
Worship, Tuesday,
Nov. 21 at 7:30pm.**



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Primrose Schools

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www.primroseschools.com

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Who knows the neighborhood better than a NEIGHBOR?



| | Apr 06 | May 06 | Jun 06 | Jul 06 | Aug 06 | Sep 06 |
|---------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| \$300,000+ | 0 | 3 | 4 | 3 | 2 | 1 |
| \$250 - 299,999 | 1 | 4 | 1 | 1 | 1 | 4 |
| \$200 - 249,999 | 8 | 9 | 1 | 4 | 6 | 4 |
| \$170 - 199,999 | 4 | 1 | 2 | 5 | 3 | 5 |
| Under \$170,000 | 1 | 1 | 8 | 4 | 3 | 1 |
| TOTAL | 14 | 18 | 16 | 17 | 15 | 15 |
| AVG \$/Sq Ft | 78.49 | 78.84 | 78.89 | 81.95 | 81.70 | 82.15 |

Summerwood Resident



Shalene Fox
Broker

Summerwood is the Greater Houston Builder's Association Community of the Year for 2006.

Is your realtor providing this information to potential buyers? Are they even aware of them?

Make sure your realtor knows the neighborhood so you don't miss out on potential sales.

Direct: 832-338-8586 • Email: sfox16@entouch.net

* All figures based off MLS data 10/10/06 **For communities 2500 acres

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