

SUMMERWOOD

live friendly.



Volume 9, Issue 1
Summerwood Community Association
www.summerwood.org

January 2007

LAKESWOOD CRUSADERS

New Beginnings
Bible Study

Friday - January 19, 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

Cy-Fair Recreational Soccer Spring Soccer Registration



Online Registration Open Now!

Go to www.cyfairsoccer.org for more information and to register today!

We are dedicated to player development; promoting youth soccer through encouraging a love of the game and teaching the skills necessary to play the game well. Instilling in our players a sense of fair play, teamwork and sportsmanship is our top priority.

Serving Northwest Harris County for over 26 years, we offer programs for all levels of experience. Starting with the small-sided game we offer fun, volunteer run competitive youth recreational programs and group play for Pre K up to Division III. (Ages 4 – 18).

If you are a returning player, new to the game or somewhere in between - we have a place for you!

HAVE QUESTIONS?

Please Call Cy-Fair Soccer @281-894-1742

Regular office hours are:

10am - 2pm Monday, Tuesday and Thursday.

Wednesday from 5pm - 7pm. Closed Fridays.

Happy
New Year!

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
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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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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.)

The Truth About Mucus



(NAPSA)-It starts with a harmless little snuffle, then a constant trickle from your kid's nose, and before you know it, your child is coughing and sneezing and generally miserable. It's cold season, so you better get used to all that extra mucus in his nose and chest!

Believe it or not, mucus is actually good for the body and helps protect it. In fact, the body produces up to four cups of mucus a day. The nose continually produces mucus so it can moisten and clean the nasal membranes, humidify the air in the nose and fight infection. Those hard things in your kid's nose? Mucus that has dried and hardened around dust and other particles that try to sneak into his body through his nose.

Allergies and infections can make the body produce too much mucus. Too much slow-moving mucus can trigger coughs, sore throats, a husky voice and bad breath. When this happens, it's time to break up the mucus and move it out of the bronchial passageways. So what can you do to provide relief when Junior has too much mucus in his chest and nose?

- Have him (or help him) blow his nose, which is the best way to get rid of mucus. For children under the age of 2, use a bulb syringe to suck mucus out of the nose.
- Give him plenty of liquids, which help thin out the mucus. Hot liquids soothe coughs and sore throats while also clearing mucus.
- Think tropical! An enzyme in pineapple is believed to thin mucus. If he likes spicy food, chili peppers also have been known to break up mucus and act as a decongestant.
- Make sure he gets exercise. Physical activity can loosen mucus in the respiratory system.
- Use humidifiers, which help add moisture to the air and ease the flow of air through nasal and breathing passages. Be sure to clean your humidifier at least once a week to prevent the growth of bacteria.
- Give him an expectorant to loosen and thin out the mucus so he can cough more productively. A new form of expectorant for kids offers parents a whole new way to help the medicine go down, and provides fast relief from chest congestion. Mucinex(r)

(Continued on page 5)



Tracy Montgomery



Between FRIENDS



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

I hope the New Year brings you plenty of opportunity for growth both personally and professionally. If a new home is on this year's list of resolutions, I will be happy to help you find one!



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.

Referrals: they are the highest compliment a sales professional can receive from a client. Please pass my name on to friends, family, and acquaintances so that I can provide them with excellent real estate service.



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

Health & Safety

Would you like to increase your feeling of satisfaction and contentment? These ideas come from happiness researchers Sonja Lyubomirsky and Suzanne Segerstrom.



- Do something that is activity oriented to raise your endorphins. These things work: socialize, meditate, or exercise.
- Using detail, write down the things you are thankful for once a week.
- Get into a hobby or work task that will use and build on your skills. Losing yourself in a task typically brings on an extreme sense of fulfillment.
- Take the focus off yourself by doing something nice for someone else. Give freely of yourself and do not expect recognition for your kindness.
- Think about the kind of person you would like to be or the life you would like to live in five or ten years. Focus on your personality and value system, not a lifestyle. Write down your thoughts.
- Keep trying to achieve these goals even when you get discouraged.
- If you are a pessimist, try to control your anxiety by developing concrete, active methods to keep negative outcomes at bay for specific endeavors. Ignoring worries is not effective.

Household Tips

For about 25 cents you can make up a bottle of window cleaner that looks and smells like the commercial variety. It is just as effective and environmentally friendly. Plus, it also works great for keeping shower doors clean.

Ingredients –

- 12 to 17 ounces of water
- 1/4 c. rubbing alcohol
- 1/2 c. white or apple cider vinegar
- 1-2 drops essential oil such as lavender, clove, orange, or cinnamon
- 1-2 drops green or blue food coloring

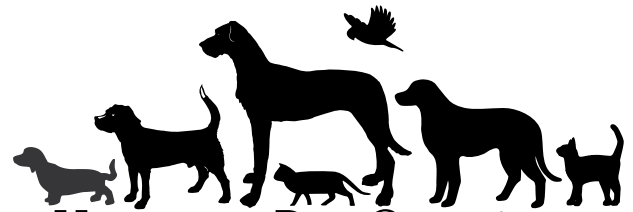
Combine everything in a labeled spray bottle. When washing windows, use newspapers instead of paper towels for a lint-free surface (wear gloves to keep hands free of newspaper ink). Spray a crumpled newspaper and wipe down the window to avoid drips. Wipe horizontally on one side of the window and vertically on the other side so you will know where to remove any streaks that show.

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**While you're away
where will they stay?**

**Keep them at home
with a professional
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Summerwood's Premiere Pet Professionals

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- Dog Walking
- Pet Taxi
- 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.

Traveling during the Holidays?
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and Pet Sitters International

The Truth - (Continued from page 2)

Mini-Melts(tm) are quick-melting granules that taste good and are easy for children to swallow.

- Give him nonprescription cold remedies, including decongestants and cough suppressants. The medicine won't prevent or shorten the length of the cold, but it can provide relief from some of the symptoms.

While it may be impossible to keep your child from getting sick during the cold and flu season or prevent the increased production of mucus, it is possible to provide relief from the uncomfortable symptoms.

For more information about kids and mucus, visit www.mucinex.com. Use as directed. (c) 2006 Adams Respiratory Therapeutics, Fort Worth, TX 76155.

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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for the following subdivisions in Houston:**

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Hastings Green
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Kings Manor
Lakes of Bridgewater
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Kelly Peel, Sales Manager

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SUMMERWOOD

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.



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KELLY PEEL

Sales Manager

kelly@PEELinc.com

512-989-8905, Ext. 22

203 W. Main Street, Ste. D

Pflugerville, Texas 78660



**"Grandpa is so old he can
remember the first time he saw
somebody walking down the street
talking on a phone."**



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EST. 1977

Who knows the neighborhood better than a NEIGHBOR?



	Jun 06	Jul 06	Aug 06	Sep 06	Oct 06	Nov 06
\$300,000+	4	3	2	1	1	4
\$250 - 299,999	1	1	1	4	2	-
\$200 - 249,999	1	4	6	4	3	5
\$170 - 199,999	2	5	3	5	2	6
Under \$170,000	8	4	3	1	3	-
TOTAL	16	17	15	15	11	15
AVG \$/Sq Ft	78.89	81.95	81.70	82.15	83.25	88.27
Days on Mkt	-	-	-	-	75	113

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 12/10/06 **For communities 2500 acres

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