

# SUMMERWOOD

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Volume 9, Issue 2  
Summerwood Community Association  
[www.summerwood.org](http://www.summerwood.org)

February 2007

## Don't Let Stress Make A Mess Of Work And Home Life

*By Eugene Baker, Ph.D.*

(NAPSA)-Statistics don't lie. The facts are in and research suggests that stress is making Americans sick. According to the National Institutes of Health, 80 to 90 percent of all illnesses are either directly or indirectly caused by stress.

In another study conducted by the Center for the New American Dream, researchers found that more than 50 percent of Americans would be willing to take a day off work without pay in an effort to feel less stressed and have more time with their families.

And ongoing public opinion research finds that the majority of stress that people feel is directly related to work issues such as time management, deadlines, and dealing with difficult co-workers. Fortunately, there are action steps that people can incorporate into their daily routines to help them regain control of their lives.

Here are some tips for relieving workplace stress.

- **Eat Right.** Avoid eating unhealthy snacks. Eating healthy food can increase your energy.
- **Drink Less Caffeine.** Drinking lots of coffee and sodas can increase your stress levels. If you can't cut out caffeine beverages completely, try to alternate your caffeine intake with healthier beverages or snacks.
- **Exercise.** Exercise is a great way to relieve stress, so try to take a brisk 10-minute walk during the day, even if it means a walk around the office or building. Walking will help to get your blood moving and give you a mental break from your tasks.



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- **Stretch.** Stretching can help to relieve stiff muscles, which can hold tension and make you feel more stressed.
- **Simplify the Morning.** Getting up 15 minutes earlier, and packing lunches or laying out clothes the night before, can help create a routine and get you organized.
- **Think Positive.** Take a few minutes to reflect on the good things in life. Taking stock of what you have can instantly improve your mood and outlook.
- **Breathe.** When we are stressed, we have a tendency to take shallow breaths, which can result in feeling more tense. Start by inhaling deeply through the nose for a count of eight, then exhaling slowly for a count of 16. Concentrate on your counting and breath.
- **Rest.** Be sure you are getting enough sleep at night. Not feeling rested can add to your stress level and make you feel more overwhelmed. If

you have been experiencing recurring sleepless nights, consult your physician for guidance.

- **Do Things You Enjoy.** Try to do something you love every day to give yourself something to look forward to.

Most stress arises due to feelings of life being out of control. By taking time to get yourself organized, and taking care of yourself, you can begin to gain control and ensure that your workday is as relaxed as possible.

- **E-mail Stress-out.** E-mail has become one of the most common forms of communication but it can also be one of the most stressful. Opening a full e-mail box can be overwhelming, not to mention time consuming.

Learn how to use your e-mail software, so you can organize your in-box and file away all those important messages in a way that makes them easier to access. Also, don't forget to trash any spam or useless e-mails.

Change your habits so that instead of leaving a message in your in-box until it's completed, try placing the task from the e-mail on your task list along with the contact information, then filing the e-mail away until you are prepared to reply.

Eugene Baker, Ph.D., is the vice president for employee assistance programs for United Behavioral Health, a UnitedHealth Group Company. The company provides behavioral health services to more than 43 million members to improve their total health and well-being. To learn more, visit [www.unitedbehavioralhealth.com](http://www.unitedbehavioralhealth.com).

**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.....	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](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.)

## Ice or Heat?

**Question:** I twisted my ankle. Should I use ice or heat to help it feel better?

**Answer:** Ice and heat are probably the 2 most common physical therapy modalities used. Choosing the correct one can greatly affect how quickly you recover from an injury and how soon you can return to your sport.

Ice has been used for many years as the mainstay of initial treatment of virtually all muscle and joint injuries. Ice constricts blood vessels, decreases swelling and slows the conduction of pain impulses to the brain. It can be applied easily to almost any body area. Gel packs that can be frozen repeatedly and chemical cold packs are very useful, but a simple bag of ice or frozen corn or peas often works just as well. Place the bag over the injured area and hold it in place by wrapping plastic wrap around the bag and the body part. Ice should be kept in place for approximately 20 minutes every 2-4 hours for the first 48 to 72 hours after an injury. Prolonged exposure to ice can cause damage to nerves near the skin surface and can cause frost bite, so don't exceed 20 minutes.

Heat applied to the skin increases blood flow and can help with muscle and joint stiffness and pain. Arthritis, chronic muscle stiffness and some types of tendon problems are helped with heat. Moist heat, such as a warm damp towel, is usually the most effective. Many of the arthritis rubs or muscle ointments work on the same principle. Their ingredients expand blood vessels and irritate the skin, increasing blood flow. Heat will often increase swelling so in general it should not be used immediately after an injury.

Remember, ice for the first 2-3 days to relieve pain and swelling. Heat after the swelling is gone to improve mobility and relieve stiffness.

## 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](mailto:advertising@PEELinc.com) for ad information and pricing.



Tracy Montgomery



# Between FRIENDS

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**K**now anyone who is buying or selling real estate? Please pass my name on to friends, family, and co-workers so that I can use my skills, knowledge, and background in the real estate industry to help them with their sale or purchase.



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

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

### Cold Weather Survival Tips for Your Home

**Y**ou never know which part of the country is going to experience a spell of cold weather. Fluctuating temperatures and winter storms can inflict considerable damage on homes. Here are some tips for helping your property survive the winter season safe and sound.

- Make sure hoses are disconnected from outside faucets.
- Closely watch fireplaces, wood stoves and electric heaters when in use and make sure they are working properly.
- Remember to close the flue in your fireplace when not in use.
- To prevent pipes in the walls from freezing, keep the house heated to a minimum of 65°F.
- Open hot and cold water faucets just enough to drip slowly and move water through the pipes to prevent freezing.
- Know where the main water shutoff valve is located and learn how it works.
- Keep gutters free of leaves and debris so that water can freely flow.
- If the garage is attached to the house, close all the doors to hold the heat in the house.
- Watch for dead, damaged, or dangerous branches that could break and fall because of ice, snow, or wind.
- If you're going to be away from your home for an extended period of time, have the water system drained by a professional to keep pipes from freezing. Or ask a neighbor to check the house regularly and run water through the pipes.

## ~~~~~ Helpful Hints ~~~~~

### Drip Pans Are More than Just a Pretty Face

**D**rip pans and bowls do far more than enhance your range's appearance. They make it easier to clean up drips and spills; they help to radiate heat back to the cooking pot or pan; and they protect you from accidentally touching internal components. Never cover the drip pan with aluminum foil. Electric ranges have been known to short out from the foil touching a circuit or covering the oven vent. To prevent fires igniting from spilled food, clean drip pans with a nonabrasive cleanser. Stay safe, minimize risk, reduce energy waste, and increase the efficiency of your range by regularly replacing your drip pans and bowls or by using foil inserts that are specifically designed for your range.



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# SUMMERWOOD

## LAKEWOOD CRUSADERS

New Beginnings  
Bible Study  
**Friday - March 16, 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

### 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.

## Business Classifieds

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## Cy-Fair College, "Perspective"

### Alexander Hamilton: The Man Who Made Modern America

The Harris County Public Library's Cy-Fair College Branch is proud to be the only Houston library (and one of three Texas libraries) to host this national traveling exhibition through Feb. 16. Take a tour to learn about Alexander Hamilton, see rare and precious historical objects and documents, pistols used in a deadly duel and handwritten correspondence. Among the final exhibition-related programs several book discussions, a one-man dramatization event and a Cy-Fair Houston Chamber of Commerce event titled "Patterson for the 21st Century". For information, go to [www.cy-faircollege.com/goto/hamilton](http://www.cy-faircollege.com/goto/hamilton).

### Check Out the Exhibitions in the Bosque Gallery

Two exhibitions available this month: One featuring the work of visiting artist Lindsey Wolkowicz through Feb. 8 and ending with a 4 p.m. closing reception and lecture. Wolkowicz combines traditional drawing, non-traditional materials and constructed surfaces to create her mixed media art. Then an Encaustic Exhibition is on display Feb. 20 through March 29 with a 4:30 p.m. opening reception March 1. This ancient method of painting combines colored pigment with hot wax as a binder and features student talent in Robert McGehee's class. Call 832-482-1038 for gallery hours and information or go to [www.cyfaircollege.com/goto/bosquegallery](http://www.cyfaircollege.com/goto/bosquegallery).

### Learn about African American Heritage

Add some culture with free book discussions, films, lectures and more this month. Join Serge Danielson-Francois for an Emancipation discussion series Feb. 6 - The First Emancipator: The Forgotten Story of Robert Carter, The Founding Father Who Freed His Slaves by Andrew Levy, Feb. 13 - Israel on the Appomattox: A Southern Experiment in Black Freedom from the 1790's Through the Civil War by Melvin Patrick Ely and Feb. 20 - The Confessions of Nat Turner by William Styron. Go back in time with two one-man shows with James Baldwin - Down from the Mountaintop Feb. 12 and Bill Mills - Hamilton, Jefferson and Rittenhouse: a magnificent triangle Feb. 14. The student organization UMOJA will also host several films, guest lectures (such as Home Cultures, Black Marriages, HIV-AIDS and Self-esteem) and more. Check out the events calendar for information at [www.cy-faircollege.com](http://www.cy-faircollege.com).

### Experience A.L.L. this year

The Cy-Fair College Academy for Lifelong Learning (A.L.L.) provides opportunities for adults 50 and better to enjoy intellectual and social enrichment. With an annual membership of \$10, participants can take member-driven courses for free or at a reduced rate; study under the guidance of members who represent a wide range of expertise and life experiences; develop friendships within a diverse group of people; participate in social activities; and be part of a collective voice of active adults in the community. Classes are offered in computers, health and fitness, government, financial planning, culinary arts, music, history, and more. Some classes will also be held at the Fairbanks Center. For information e-mail [Twana.m.york@nhmccd.edu](mailto:Twana.m.york@nhmccd.edu), call 281-290-5246 or go to [www.cy-faircollege.com/goto/all](http://www.cy-faircollege.com/goto/all) for a full schedule of offerings.

### Library Offers Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are also available including women of the world, democracy, and sports page. There are plenty of youth programs with activities and book clubs for teens and youth age 7 - 12 as well as storytime for younger children. Go online to <http://cfclibrary.nhmccd.edu> for information.



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## High-heeled hazards

*Baylor College of Medicine*

HOUSTON - Does looking chic leave your feet screaming for help? Listen to them -- not fashion pundits -- for a change, says a foot and ankle expert.

Dr. John Marymont, associate professor of orthopedic surgery at Baylor College of Medicine in Houston, said that wearing a two-inch heel subjects the ball of your foot to 50 percent more pressure than flat shoes.

High-heeled shoes do not usually have a foot-friendly design.

"High heels can cause bunions, hammer toes and neuromas — problems accounting for more than a billion dollars a year in healthcare costs," said Marymont

The American Orthopedic Foot and Ankle Society, of which Marymont is a member, suggests the following when considering high-heeled shoes:

- \* Don't choose a shoe based on its marked size; sizes vary among types of shoes and brands.
- \* Select a shoe similar to the shape of your foot.
- \* Try on high-heels at the end of the day when your feet are at their biggest.
- \* The shorter the heel, the better.
- \* Limit wearing high-heels to special occasions.
- \* Make sure your heel fits comfortably within the shoe with minimal slippage.

In other words, put your best foot forward by lending an ear to those podiatric pleas. Your feet will thank you for listening.

## Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

Solutions can be found on [www.PEELinc.com](http://www.PEELinc.com)

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## Did You Know? Fun Facts:



*The jaguar symbolized strength and courage to the ancient Maya Indians, who considered the animal a god.*



*The King Ranch, the largest in Texas, covers about as much land as does the entire state of Rhode Island.*



# Who knows the neighborhood better than a NEIGHBOR?



	Jul 06	Aug 06	Sep 06	Oct 06	Nov 06	Dec 06
\$300,000+	3	2	1	1	4	3
\$250 - 299,999	1	1	4	2	-	2
\$200 - 249,999	4	6	4	3	5	5
\$170 - 199,999	5	3	5	2	6	7
Under \$170,000	4	3	1	3	-	3
<b>TOTAL</b>	<b>17</b>	<b>15</b>	<b>15</b>	<b>11</b>	<b>15</b>	<b>20</b>
<b>Avg \$/Sq Ft</b>	<b>81.95</b>	<b>81.70</b>	<b>82.15</b>	<b>83.25</b>	<b>88.27</b>	<b>81.63</b>
<b>Avg Days on Mkt</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>75</b>	<b>113</b>	<b>104</b>

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?

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\* All figures based off MLS data 1/05/07 \*\*For communities 2500 acres

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