

# SUMMERWOOD

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Volume 9, Issue 5

Summerwood Community Association

[www.summerwood.org](http://www.summerwood.org)

May 2007

## Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

### Bike + Mountains = Excitement And Challenge

Tired of paved roads? Want to go where there aren't any speed limits? If you answered yes, then your vehicle of choice could very well be a mountain bike. Ever since a group of friends took a fast-paced ride down a steep incline in Northern California, mountain biking has been an exciting challenge to off-road riders.

Its inclusion as an event in the 1996 Olympics confirmed what riders already know: Mountain biking is one of the fastest growing sports in the world, both in popularity and participation.

If you've never been on a mountain bike you might wonder what all the fuss is about. Many riders say it's the freedom. After all, destinations are unlimited on these machines built for rough terrain.

#### THE RIGHT EQUIPMENT

Mountain bikes are sturdier than your average 10-speed or hybrid bicycle so they can withstand rough roads. They have wide tires that grip the trail, and cantilever brakes, similar to those found on a motorcycle.

When purchasing a mountain bike, be sure that it isn't too large. You should always be able to put a foot on the ground to steady yourself. A helmet is a must, and knee and elbow pads are sure-fire scar preventers.

#### YOUR BODY ON A BIKE

Riding a bike is one of the best cardiovascular exercises around. Not only does it provide an aerobic workout, but it strengthens the large muscles of the lower

body, including the thighs, hips and buttocks, without putting a lot of stress on the joints. The upper body and arms come into play when climbing hills.

Always warm up before you begin your ride. Pedal in a low gear over flat terrain until you begin to sweat or feel warm.

This usually takes about five to 10 minutes. And don't neglect to cool down when you come to the end of your ride. Gradually lowering your heart rate can help prevent the pooling of lactic acid in the muscles. Again, pedal slowly in a low gear.



#### ON THE TRAIL

Practice makes perfect isn't a cliché when it comes to handling a mountain bike. Once you start heading up hills and mountains and over rocks and steep falls, you'll need to rely on your instincts, which, if they don't come naturally, develop through practice.

One of the first things to do is to get a feel for how the brakes work. The front brake on

a mountain bike usually has more power than the back, and pulling it alone may send you flying over the handlebars. Practice quick stops before you hit the trail so you can feel how your weight may affect how you stop. Cantilever brakes are stronger than those on other bikes, allowing riders to control factors such as their rate of decline. When descending a hill, lightly squeeze and release the brakes - a technique called feathering - to prevent the wheels from locking.

Change gears as it becomes necessary in order to keep a steady cadence. Use a low gear when you need power, and a high gear when you want speed.

Climbing requires a shift in your weight that will control the tires' grip on the ground. Short, steep hills may require out-of-the-seat pedaling to garner more power.

If you try this on a long climb, however, you'll likely tire before you reach the top. Shift your weight forward, off the seat if necessary, to gain the power you need.

#### GET PEDALING

You can obtain information about trails in your area from your local library or mountain-biking group. The sooner you start pedaling, the sooner you can test your limits - those set by both your body and your mind.

**ACE**  
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# SUMMERWOOD

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

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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
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Garbage Pick-Up (Republic Waste).....	281-446-2030
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### SUMMERWOOD MARKETING

Summerwood New Home Center .....	281-225-1111
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### SCHOOLS

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### POST OFFICE

Post Office.....	713-631-2098
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### NEWSLETTER PUBLISHER

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Article Submissions .....	articles@PEELinc.com
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## Personal Classifieds

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## Health & Safety

### Follow the 60/60 Rule for Years of Good Ears

Safe use of music devices like iPods and digital MP3 players will help listeners – especially young ones – avoid permanent hearing loss. When using earbud-type headsets, audiologists recommend plugging into music for no more than 60 minutes at 60 percent volume to keep from damaging the delicate hair cells and mechanisms of the inner ear.

The statistics for hearing loss have been escalating since the 1980s when personal listening devices, like the Walkman and portable CD players, entered the market. Hearing loss in younger people continues to increase rapidly, and audiologists report that this high level of loss is more typically seen in aging adults.

Professionals say that earbud use is the primary cause. Earbuds are lodged very close to the eardrum, deliver a very crisp sound, and make it easy to listen to music for longer periods of time at an excessive volume. Some manufacturers even print warnings on their packaging. You can prevent hearing loss by following these three suggestions:

- Listen to music with earbuds for no more than one hour per day.
- Do not turn the volume louder than 60 percent of the maximum.
- Use muff-type headphones instead of earbuds.



## Helpful Hints

### Income Tax Submission Tips

To ensure that your IRS tax return is processed quickly, review it thoroughly for accuracy and completion. See Tax Topic 303, for a complete "Checklist of Common Errors When Preparing Your Tax Return," available at [www.irs.gov](http://www.irs.gov), or by calling the TeleTax number, 1-800-829-4477. Here are a few suggestions for preventing the most common errors:

- Use the peel-off label provided with your tax forms. Make corrections directly on the label.
- Select only one filing status, plus the appropriate exemption.
- Use the correct Tax Table column for your tax amount.
- Double-check all figures.
- All parties must sign and date the return.
- Attach all Forms W-2, Wage and Tax Statements, and other forms that indicate tax withheld.
- If you owe tax, be sure to enclose a check or money order payable to the "United States Treasury."

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# SUMMERWOOD



## 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](mailto: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](mailto:advertising@PEELinc.com).

## 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.

## 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 9th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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## LANDSCAPING

The definition of landscaping is: "to improve the appearance of a piece of ground by contouring and decorative planting." Most homeowners desire to have a pleasing and pleasant yard. We also want our yards to be unique—different from our neighbors.

By choosing from the hundreds of plants available, it is easy to make your home and garden appear the way you want it. Some yards are bright and colorful. Others utilize evergreen plants. Blooming plants usually require more attention than evergreen plants. Typically, non blooming plants need only occasional pruning. Native plants are more disease resistant and withstand local weather conditions better.

No matter which landscaping plan you choose, weeds will be a problem. A weed, according to the dictionary, is "a plant considered troublesome, useless or unattractive, especially one growing abundantly in cultivated ground."

Weeds can grow anywhere—cracks in concrete, joints in the street, gutters on your house if dirt has accumulated, your lawn and their favorite place, your flowerbeds. When you add soil or mulch to your flowerbeds, you are probably adding weed seeds also.

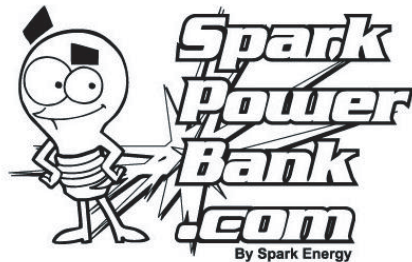
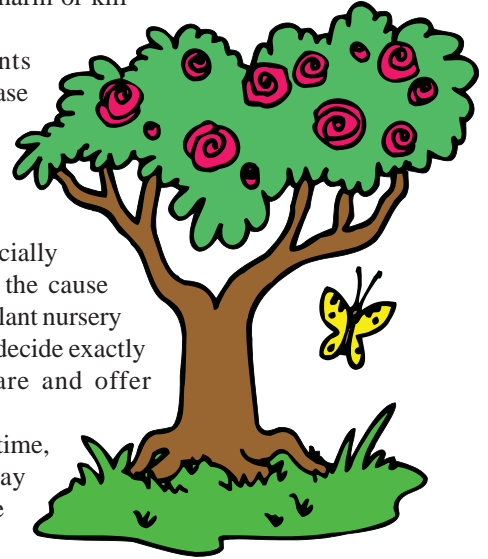
There are three ways to eliminate weeds in your flowerbeds:

1. Eliminate flowerbeds and expand your lawn.
2. Pull weeds by hand.
3. Use a chemical weed killer.

Doing away with flowerbeds is not the best choice. Although a well-manicured lawn is pretty, flowers add a lot to the appearance of your yard. The best way to eliminate weeds is to pull or dig them up by the roots. You not only get rid of the weeds, but you also get some healthy exercise for free. Using a chemical weed killer requires care and caution. The manufacturer's instructions should be followed. A weed killer will also harm or kill desired plants.

If you see your plants being attacked by a disease or insect, immediate action is required to control the problem. Most plants cannot defend themselves, especially if stressed. Determine the cause and begin treatment. A plant nursery may be able to help you decide exactly what your problems are and offer solutions.

With a little money, time, work and luck, you may have a "Yard of the Month".



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## A Charlotte That's A Peach Of A Fine Dessert

(NAPSA)-Here's a fresh approach to using canned peaches as part of a memorable dessert.

Using canned peaches may help a cook cut down on preparation time, but it won't cut down on nutrition or taste.

### California Peach Charlotte

#### Ingredients:

- 3 (15-oz.) cans California Cling Peach slices, well drained (reserve 5 slices for garnish)
- 8 ounces (2 sticks) unsalted butter, at room temperature
- 1 cup sugar, preferably superfine
- 5 tablespoons Amaretto almond liqueur, Grand Marnier, or syrup from the peaches (if using peach syrup, add ½ teaspoon almond extract)
- 1½ cups finely ground almonds (reserve 1 tablespoon for garnish)
- 2 cups whipping cream
- 1 tablespoon sugar
- 1 teaspoon vanilla extract



*Even when used in a luxurious dish, such as this Charlotte, canned peaches can be a source of vitamins A, C and E.*

#### Equipment:

- 1 8½" springform pan
- Waxed paper and plastic wrap

**Preparation:** Line the bottom of the springform pan with a circle of waxed paper.

Using an electric mixer, cream the butter and superfine sugar together for 4 or 5 minutes, until pale and airy. Add the Amaretto almond liqueur, Grand Marnier or reserved peach syrup and almond extract. Continue to beat for a few more minutes until the sugar has nearly dissolved. Blend in the almonds. Reserve.

Whip the cream with the sugar and vanilla until it just holds very soft peaks. Fold the lightly whipped cream completely into the almond mixture.

Cover the bottom of the springform pan with 1/3 of the almond cream. Arrange half of the peach slices in a sunburst pattern on the almond cream. Cover with another 1/3 of the almond cream. Repeat with another layer of peach slices and cover with the remaining almond cream. Firmly tap the filled pan onto work surface to settle the mixture and remove any air pockets that may have formed. Cover with plastic wrap and refrigerate for at least 5 hours or overnight. The California Peach Charlotte may be prepared a day in advance to this point.

**To Serve:** Remove the plastic wrap and run a knife around the edge of the pan. Unlatch the springform pan, leaving the ring in place. Place the selected serving plate upside down over the mold and reverse the finished charlotte onto the plate. Remove the ring and the bottom of the pan. Remove the waxed paper. Garnish with reserved peach slices and sprinkle with the reserved ground almonds.

Refrigerate until service. For best results, slice with a damp knife.



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# SUMMERWOOD

## Did Ya Know?



*The Irving Berlin song, "How Deep is the Ocean" contains only one line that is not a question. The one non-quizzical line is "I'll tell you no lie."*

*Don't want to wait for the mail?*  
**View the current issue of the  
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## A few fun things to do in May...

The weather is great, and you're looking for something to do outside. Here is a list of events and activities at little or no cost:

### The Houston Zoo

There's always something new to see at the Zoo, and it doesn't break the bank to visit. Pack some snacks to save extra on refreshments.

### Bear Creek Park

16601 Clay Road, 281-496-2177. Nature trails, picnic spots, places to play, and a small zoo with ducks, birds, prairie dogs, bison, deer, goats and more make this 2,000 acre park a Houston favorite. FREE.

### Houston Arboretum and Nature Center

Nature trails, bird watching, wildlife, ponds and beautiful native forests, flowers and shrubs at the border of Memorial Park. FREE.

### Armand Bayou Nature Center

Hiking, exhibits, tours and more at this wildlife refuge protecting a natural bayou system.

### The 20th Annual Houston Art Car Parade

Saturday, May 12, 2007

Allen Parkway at Eleanor Tinsley Park. Spectators line downtown's streets to view this parade, which showcases Houston's most outlandish folk art creations on wheels. The Fruit Mobile, a 1967 Ford station wagon, started the whole craze in 1986. Truly a sight to see, the parade is organized by the Orange Show Foundation.

### 34th Annual Pasadena Strawberry Festival

May 18 - 20, 2007

Enjoy a spectacular carnival, the world's largest strawberry shortcake, strawberries, a barbecue cookoff, a children's pavilion, arts & crafts, and live entertainment at this annual festival.

### Miller Outdoor Theatre

Miller Outdoor Theatre offers a diverse selection of professional entertainment, and it's all FREE!

#### This Month Features:

May 5 - Cinco de Mayo (Comite Patriotico Mexicano)

May 6 - Asian/Pacific American Heritage Festival (APAHA)

May 7-11 - Dr. Dulcamara's Magical Restorative Tonic  
(Houston Grand Opera)

May 11-13 - Don Quixote (Houston Ballet)

May 12 - Music and the Mirror (Asian American Dance Company)

May 18-19 - Hansel & Gretel (Houston Grand Opera)

May 24-27 - Dancin' in the Streets ... Motown & More Revue  
(Midtown Arts Center/BACE Productions)

Miller Outdoor Theatre is located at 100 Concert Drive in Hermann Park, just south of the Museum of Natural Science and the Houston Garden Center.

# SUMMERWOOD



*"Your insurance policy covers falling off the roof all right, but not hitting the ground."*

## 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.

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

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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## Texas Events - May

6—KEMAH: 39th Annual Blessing of the Fleet An officiating priest and minister bless shrimp boats and pleasure craft as they file past the Cadillac Authentic Mexican Restaurant. [www.kemah.net](http://www.kemah.net) 281/334-9880

6—PORT ISABEL: Port Isabel Antique & Flea Market Hours are 9 a.m. to 4 p.m. Port Isabel Community Center and Beulah Lee Park. [www.portisabel-texas.com/pi\\_fleamkt](http://www.portisabel-texas.com/pi_fleamkt) 956/943-1006 or 956/943-2262

6, 13—GALVESTON: Bird Walk Begins at 8:30 a.m. Galveston Island State Park. 409/737-1222

7—HOUSTON: Mozart & McNeely The Houston Chamber Orchestra and Michael Lowe, artistic director and conductor, present works by Mozart and Hollywood composer Joel McNeely. Begins at 7:30 p.m. Zilkha Hall, The Hobby Center for the Performing Arts. [www.uniquelyhouston.org](http://www.uniquelyhouston.org) 713/315-2525

7-8—BEAUMONT: Stomp Begins at 7:30 p.m. Jefferson Theatre. [www.beaumont-tx-complex.com](http://www.beaumont-tx-complex.com) 409/838-3435 ext. 1

10-12—PORT ARANSAS: FLW Redfish Tournament Top five teams fish the last day. Robert's Point Park. [www.flwoutdoors.com](http://www.flwoutdoors.com) 270/252-1589

10-13—PORT NECHES: Riverfest "Thunder on the Neches" Includes boat races, live entertainment, arts & crafts, fishing tournament, carnival, fireworks, car show, talent show and more. Port Neches Park. [www.portnecheschamber.com](http://www.portnecheschamber.com) 409/722-9154

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

11-12—GALVESTON: 11th Annual World Wild Game Championship & BBQ Cook-Off [www.yagaschildrensfund.org](http://www.yagaschildrensfund.org)

11-13—CRYSTAL BEACH: Texas Crab Festival Enjoy more than 60 food and craft booths, live music, crab dishes, carnival, Crab Legs Contest, Weiner Dog Races, crab cook-off and more. Gregory Park. [www.bolivarchamber.org](http://www.bolivarchamber.org) 409/684-5940 or 800/386-7863

11-13—HOUSTON: Highland Scottish Games & Celtic Festival Houston Farm & Ranch Club. [www.houstonhighlandgames.com](http://www.houstonhighlandgames.com) 713/871-0061

12—BEAUMONT: Texas Energy Museum's Bubble Day Various activity stations allow children to experiment with bubble sizes, walls, shapes and colors. Texas Energy Museum. [www.texasenergymuseum.org](http://www.texasenergymuseum.org) 409/833-5100

12—HOUSTON: Art Car Parade Showcases Houston's most outlandish folk art creations on wheels. 713/926-6368

12—VICTORIA: Maria Jette Performs Spanish Language Concert Leo J. Welder Center for the Performing Arts. [www.victoriabachfestival.org](http://www.victoriabachfestival.org) 361/570-5788

12-14—PORT ARANSAS: Songwriter's Showcase/Art Festival Art festival with arts & crafts booths is Saturday and Sunday. Local singers/songwriters perform during the Songwriters Showcase on Monday in the historic Tarpon Inn courtyard. 361/749-7334

18-20—PASADENA: Strawberry Festival Includes a barbecue cook-off, beauty pageant, mud volleyball, arts & crafts, four stages of entertainment, mutton busting, washer pitching contest, World's Largest Strawberry Shortcake and more. Pasadena Fairgrounds. [www.strawberryfest.org](http://www.strawberryfest.org) 281/991-9500

18-20, 25-27—BROWNSVILLE: The Tale of the Allergists Wife Presented by Camille Playhouse, 1 Dean Porter Park. [www.camilleplayers.cjb.net](http://www.camilleplayers.cjb.net) 956/542-8900

18, 25—PEARLAND: Summer Concert Series Southdown Park. [www.pearlandparks.com](http://www.pearlandparks.com) 281/652-1673

19—CLUTE: Brazosport Symphony Orchestra Concert 979/230-3156

19—HOUSTON: Birder Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

19—LAKE JACKSON: Gordon the Grouper's Birthday Party Kids of all ages are invited to explore coastal mystery boxes and make a fish print. Hours are 10 a.m. to noon. Sea Center Texas. [www.tpwd.state.tx.us/spdest/visitorcenters/seacenter](http://www.tpwd.state.tx.us/spdest/visitorcenters/seacenter) 979/292-0100

19—PORT ARANSAS: Anglers on Wheels This fishing tournament is for the physically challenged and their families and friends. Woody's Sports Center. [www.doorinthewall.com](http://www.doorinthewall.com) 210/637-8316

19—PORT ARTHUR: Cajun Celebration Jefferson County Singles Club. 409/983-5118

19—VICTORIA: Victoria Market Day Hours are 9 a.m. to 4 p.m. DeLeon Plaza. [www.victoriatx.org](http://www.victoriatx.org) 361/485-3200

19-20—HOUSTON: Country Roots Music Festival Takes the audience back to the roots of "real" country, with juke box covers and original tunes. Traders Village. [www.tradersvillage.com](http://www.tradersvillage.com) 281/890-5500

19-20—PASADENA: Annual Bayou Boil Includes a crayfish boil, music, auctions and crafts demonstrations. Armand Bayou Nature Center. [www.abnc.org](http://www.abnc.org) 281/474-2551

20—LA PORTE: 17th Annual Monumental Bug Bash All makes and models of VWs are welcome. Begins at 9 a.m. San Jacinto Battleground State Historic Site. [www.bayareavwclub.com](http://www.bayareavwclub.com) 832/414-1460 or 281/479-2431

22-Jun. 3—HOUSTON: Spamalot Based on the comedy Monty Python and the Holy Grail. Hobby Center for the Performing Arts. [www.tuts.com](http://www.tuts.com) 713/558-TUTS or 888/558-3882

24, 26-27—HOUSTON: Animal Magnetism Includes performances of Clear, Svadebka and Carnival of the Animals. Houston Ballet. Wortham Theater Center. [www.houstonballet.org](http://www.houstonballet.org) 713/227-2787

26—MATAGORDA: VFD/EMS Annual BBQ Fundraiser Hours are 11 a.m. to 2 p.m. Fireman's Hall. 979/863-7739

26—SOUTH PADRE ISLAND: Memorial Weekend Fireworks Laguna Madre. 956/761-3000

26-27—ROCKPORT: Festival of Wines Offers wine tasting, entertainment, cooking demonstrations and more. Texas Maritime Museum Grounds. 361/729-1271

26-27—SOUTH PADRE ISLAND: SPI Beach Volleyball Tournament Boomerang Billy's. 956/761-2420

26-28—PORT ARTHUR: S.A.L.T. Fishing Rodeo Fishing tournament includes inshore and offshore and a children's category. Pleasure Island. 409/718-8787

*Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.*

# Who knows the neighborhood better than a NEIGHBOR?



	Oct 06	Nov 06	Dec 06	Jan 07	Feb 07	Mar 07
\$300,000+	1	4	3	0	1	3
\$250 - 299,999	2	-	2	1	1	4
\$200 - 249,999	3	5	5	2	4	4
\$170 - 199,999	2	6	7	1	2	11
Under \$170,000	3	-	3	0	1	3
<b>TOTAL</b>	<b>15</b>	<b>11</b>	<b>15</b>	<b>4</b>	<b>9</b>	<b>25</b>
<b>Avg \$/Sq Ft</b>	<b>82.15</b>	<b>83.25</b>	<b>88.27</b>	<b>75.52</b>	<b>73.78</b>	<b>78.67</b>
<b>Avg Days on Mkt</b>	<b>-</b>	<b>75</b>	<b>113</b>	<b>115</b>	<b>149</b>	<b>85</b>

Summerwood Resident



**Shalene Fox**  
Broker

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\* All figures based off MLS data 4/10/07 \*\*For communities 2500 acres

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