

SUMMERWOOD

live friendly.



Volume 9, Issue 11
Summerwood Community Association
www.summerwood.org

November 2007

Not Available Online

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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LAKEWOOD CRUSADERS

New Beginnings

Bible Study

Friday - October 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

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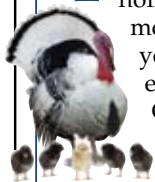
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~~~~~ Health & Safety ~~~~~

Even as technology zooms ahead at lightning speed, there is still no cure for the common cold or flu, which hits one in three Americans at least once during the winter season. Below are some of nature's remedies that can boost your immune system naturally.

Citrus fruits – are high in vitamin C, which is essential for white blood cells, the cells that fight off viruses. You need about 75 mg a day, which is equivalent to an 8-oz glass of orange juice.

Beef, dark meat poultry, and pork – have high levels of zinc, which increases the number and efficacy of infection-fighting T-cells. You need about 8 mg a day of the mineral – but don't overdo, because too much zinc can actually suppress your immunity.

Orange veggies and dark leafy veggies – are great sources of carotene, which is converted by your body into vitamin A and used to maintain mucous membranes,

which act as germ barriers.

Almonds and sunflower seeds – contain vitamin E, which improves your immunity to germs and protects cell membranes from damage. Two ounces will give you the daily recommendation of 15 mg.

Tea – contains a high level of L-theanine, an amino acid believed to cause T-cells to produce interferon, a protein that fights viruses. Your grandmother was right: drink three to four mugs of black, green, or oolong tea each day.



~~~~~ Household Tips ~~~~~

Try these easy holiday ideas that are also simple and inexpensive.

- Decorate with a pretty Poinsettia plant. Poinsettias come in blazing reds and crimsons, speckled-red-and-white, peach, pink and cream, and will add a festive touch to any room. To make them last, remove them from their plastic containers and place in a clay pot with soil. Soak with water, and place in bright, indirect light. Water again when the top inch becomes dry, and enjoy!
- When you clean this holiday season, use the new holiday-scented household cleaners. You can find them in the specialty cleaner section in stores or online; try them in scents such as fresh-baked gingerbread cookies, peppermint candy, pumpkin pie, spice, and evergreen.
- Light up your home using candles that give off holiday aromas. Candles are an easy and inexpensive way to decorate your home, and come in a variety of yummy holiday scents.



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SUMMERWOOD

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

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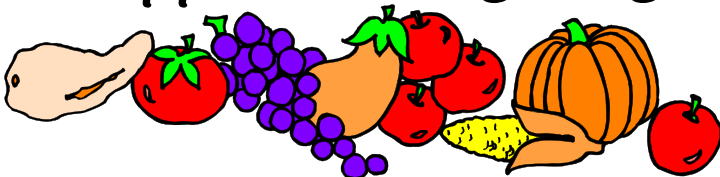
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Submit Information for Publication in the Newsletter

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

Happy Thanksgiving





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Children and Running

You know it's important to help your kids develop the exercise habit so they can grow to be healthy, active adults. So, if your children have expressed an interest in running or a desire to participate in a race or two, don't discourage them! Running is a great natural sport that requires very little equipment. The important thing is to let them determine their own pace and to run only if it's fun and enjoyable.

A Few Precautions Before Getting Started

Check with a physician to rule out any physical limitations that may prevent your child from participating in a running program. Keep in mind that children's bodies, although young and energetic, are not capable of performing at the same level as an adult's. For example, kids are more sensitive to heat, so it is essential that they drink plenty of water and avoid running in the heat of the day. "Children have a higher body mass to skin surface ratio and may not be able to dissipate heat as well as adults," says Dr. Gabe Mirkin, a board-certified specialist in sports medicine and pediatrics.

As muscles begin to heat up, it is OK to begin running. Also, show them how to stretch their calves, hip flexors and hamstrings after cooling down at the end of each run.

Finding Their Form

Since running is a natural action, most children will develop their own form. Encourage your child to relax his or her hands and face while running. A scrunched face and clenched fists indicate tension, which usually means the intensity is too high and the child is straining rather than having fun.

Like adults, kids should be able to carry on a conversation while running and should be able



to smile. Urge them to slow down if necessary and keep their shoulders relaxed while steadily and smoothly swinging their arms.

To help them avoid slapping their feet on the ground, have children imagine running on light feet. For example, rather than pounding like a herd of elephants, tell them to run as if they are angels running on clouds or tigers running very lightly so they don't scare their prey.

How Far Should They Go?

Children will gauge their own limitations, so always listen when they say it's time to stop. Children should run only as far as they are comfortable.

Lyle Mitcheli, M.D., director of the Division of Sports Medicine at Children's Hospital in Boston, recommends that children under the age of 14 run no farther than 3 miles at a time. The reason, he says, is that bones are still growing and the growth cartilage at the ends of the bones is softer than adult cartilage and more vulnerable to injury.

Don't put pressure on your child to run. Encourage kids to come with you on short runs, but keep the pace slow enough that they can talk to you, and stop when they are tired. Kids should not begin running races above 5 kilometers (3.1 miles) until they are at least of high school age.

Most marathons will not allow athletes under the age of 18 to enter due to possible skeletal injuries.

Although running requires minimal equipment, it is important to invest in some supportive running shoes for your children. Look for a high-quality shoe that is made for running, with proper cushioning in the forefoot and heel as well as arch support. Depending on how often your child runs, replace running shoes as soon as they show signs of breakdown, which usually occurs after about three months.

Set Attainable Goals

For children, the goal of running is to stay in shape and have fun, with a greater emphasis on the fun. Running fast or winning races is less important and may cause children to dislike exercise or abandon it altogether.

Focus instead on improving your children's self-esteem by praising their efforts and helping them reach their goals. Chances are that if they enjoy running and feel a sense of pride when they are finished, they will remain active for life.



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www.PEELinc.com**

Who knows the neighborhood better than a NEIGHBOR?



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\$250 - 299,999	3	2	5	4	4	2
\$200 - 249,999	11	3	8	5	6	1
\$170 - 199,999	7	3	5	3	7	7
Under \$170,000	4	2	1	2	2	2
TOTAL	30	14	22	16	24	16
Avg \$/Sq Ft	80.28	80.37	82.28	81.39	81.18	80.84
Avg Days on Mkt	126	118	72	90	62	92

Summerwood Resident



Shalene Fox
Broker

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