

SUMMERWOOD

live friendly.



Volume 9, Issue 12
Summerwood Community Association
www.summerwood.org

December 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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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.)

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Peel, Inc. would like to wish everyone a Happy Holiday Season and say Thank You to our 2007 Houston Advertisers!

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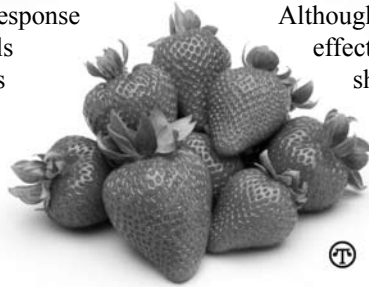
Strawberries Boost Heart Health

(NAPSA)-First it was cholesterol, then “bad” cholesterol (LDL) and “good” cholesterol (HDL). Now there’s a new factor that may be important in predicting the risk of heart disease: it’s called C-reactive protein, or CRP. A new Harvard study suggests that eating strawberries at least two times a week may be associated with reducing elevated CRP and LDL levels.

CRP is a protein in the blood that is elevated in response to injury, such as the chronic injury to blood vessels that comes from having damaged arteries. Previous studies have shown that elevated CRP may explain heart disease in people who otherwise appear to have very low risk, even among those with normal cholesterol levels.

Eating a diet rich in fruits and vegetables can lower CRP, an effect attributed to the high amounts of antioxidants found in these foods. Because strawberries are an antioxidant powerhouse, they were singled out for a closer look by nutrition scientists.

In the new study, diet records and blood samples from 27,000 women enrolled in the Women’s Health Study were analyzed



and compared with their risk of developing heart disease over a 10-year period. When the women were separated into high- and low- strawberry intake groups, those with the highest intakes-two or more servings of strawberries a week-were found to be less likely to have elevated CRP in their blood. They also had slightly lower cholesterol levels.

Although the study was not designed to show cause and effect, the findings add to a growing body of research showing how eating strawberries may support a healthy heart.

The researchers also noted that the women who ate the most strawberries were the same ones most likely to engage in a heart-healthy lifestyle. They ate more fruits and vegetables daily, exercised more and smoked

less.

For more information about California strawberries and heart health, visit www.calstrawberry.com.

A healthy indulgence: Strawberries may reduce the risk of heart disease.

LAKESWOOD CRUSADERS

New Beginnings
Bible Study
Friday - December 21, 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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15403 Stone Gables Ln
Houston Texas 77044



Who knows the neighborhood better than a NEIGHBOR?



	May 07	Jun 07	Jul 07	Aug 07	Sep 07	Oct 07
\$300,000+	4	3	2	5	4	2
\$250 - 299,999	2	5	4	4	2	5
\$200 - 249,999	3	8	5	6	1	3
\$170 - 199,999	3	5	3	7	7	4
Under \$170,000	2	1	2	2	2	2
TOTAL	14	22	16	24	16	16
Avg \$/Sq Ft	80.37	82.28	81.39	81.18	80.84	74.42
Avg Days on Mkt	118	72	90	62	92	59

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 11/10/07 **For communities 2500 acres

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