

SUMMERWOOD

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Volume 10, Issue 2
Summerwood Community Association
www.summerwood.org

February 2008

Preschoolers Complete Chores, Earn Money And Purchase Food For Those Less Fortunate

Summerwood, TX—This Thanksgiving, 20,000 preschoolers will sweep the floor, set the table and make their beds to raise money for those in need.

Children ages 3 and up will roll up their sleeves to earn money to purchase a variety of food for Primrose school's annual Can-a-thon. Children work together while teachers integrate important nutrition and math lessons to compliment the charitable drive.

"So often, youngsters 'participate' in food collections by asking their parents for canned goods to bring into school. That's the extent of it," Primrose franchisee Brandi Muse, said. "You can't

just clear out the back of your cupboards for this food drive – the children truly have to be thoughtful and creative in the ways they earn money."

This year, Primrose Schools in Houston will partner with Channel 13 for the Share Your Holidays Food Drive. All of the donations will benefit The Houston Food Bank.

The Can-a-thon illustrates one of the many ways Primrose promotes character development among its students. The Primrose Balanced Learning® curriculum combines the two leading philosophies in early childhood education – teacher-directed and child-initiated learning – with a balance

of academics, character development and play. Integrating activities which encourage thoughtfulness and generosity directly supports the Primrose Balanced Learning® curriculum.

"Children who learn these values at an early age develop into caring, generous adults who love their community and respect others," says Jo Kirchner, president and CEO of Primrose. "The Balanced Learning® curriculum assures that children are nurtured socially, emotionally, physically and academically. We have high expectations and goals for the children – which helps prepare them for the next step in their education."



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
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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.)

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.

LAKEWOOD CRUSADERS

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Bible Study

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7:30 P.M. - 8:30 P.M.

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2008

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 advise all my clients to include a Home Protection Plan with their 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.

An outstanding customer experience – it's the number one goal on every sales professional's list. If you know anyone who is selling or buying a home, please refer him or her to me and I will provide your referral with the best customer experience ever!

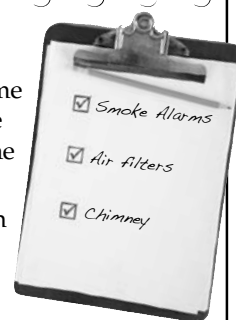


If you are working with another Real Estate Professional, please disregard this notice.

Health & Safety Annual Home Safety Checklist

The start of a new year is a great time for an annual home safety check. Below is a list of items that should be checked at least once a year to ensure that your home remains safe and everything is working at peak efficiency:

- Ensure smoke alarms are present in all bedrooms and common living areas, and that the batteries are charged and working.
- Check electrical sockets and outlets for safe operation (if you have small children, equip with safety covers).
- Check light fixtures and home appliances for fraying cords or exposed electrical wires.
- Replace old light bulbs with the new energy-efficient bulbs that use a fraction of the electricity and last up to ten times longer than regular light bulbs.
- Make sure doors and windows lock properly, and that they are sufficiently insulated.
- Replace your heating system's air filter.
- Make sure your home is certified as fire-safe; if not, have it certified.
- Have your chimney cleaned and inspected.
- Ensure that you have one or more functional carbon monoxide detectors installed in your home.

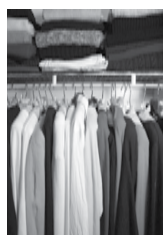


Household Tips

Clearing The Clutter

Now is a great time to clean and organize your home. Below are some tips for getting a handle on clutter and getting rid of the excess "stuff" in your home. You'll find it takes significantly less time to organize your clutter than to repeatedly sift through it looking for lost items.

- Break down large tasks into smaller "chunks" of work. For example, instead of attempting to clean out an entire overflowing closet, clean one shelf every Saturday morning. By the end of the month, you will have completed the entire job!
- Decide that everything that enters your home goes into one of the following three categories: Your "To Do" basket, another family member's "To Do" basket or the garbage. Apply this technique to mail to prevent pile-ups.
- Assign each family member a room or area in your home to clean and organize, and pick a specific date and time for a "Home Cleaning Day." Together, you clear out the extra stuff throughout your home, transforming it in a single day!



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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.

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

*See solution at PEELinc.com

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Green Thumb Corner

Submitted by Phil Richards

February is prime time for getting the yard back into good shape and ready for a new growing season. At the time of writing we've seen only one or two light frosts that may have damaged a few patio plants but no sign of a hard freeze so far during this winter season. The relatively warm weather makes it difficult to take care of the pruning because early pruning encourages new growth in mild conditions and the tender new shoots can then be damaged by a possible freeze in the first part of this month. But we should be safe by mid-February, so now is the time to complete the winter pruning of trees, evergreens and summer-flowering shrubs. Don't prune the spring-flowering shrubs - you'll be cutting off potential blooms. Try to plant (or move) trees and shrubs before they start their springtime growth spurt. This is also a favorable month to set cuttings of hardwood shrubs and also to divide, separate and transplant perennials.

Valentine's day is the traditional deadline for rose pruning; cut back to about three or four good canes, knee-high (except climbing varieties). Climbing roses will bloom on last year's growth and you need to maintain lateral canes on a trellis, fence or wall to promote flowering. Select and plant new bare-root roses now (container-grown plants can go in later, if you wish), but don't feed newly planted bushes until after first bloom.

Feed trees by using a stake or a length of pipe to drive a series of holes a foot deep and a foot or so apart around the drip line, and apply a small handful of general-purpose fertilizer (such as 12-24-12) in each hole. A good rule of thumb is to apply a total of about one and a half pounds for each inch of trunk diameter. If your pine trees have very pale green or yellowish needles, that's a sign that the soil is too alkaline, and the cure is to include a soil acidifier with the fertilizer (an iron supplement such as "Ironite" serves the purpose very well). Magnolias also need acid soil conditions, so use special azalea/camellia fertilizer or add a soil acidifier.

Hold off feeding the grass until it starts to green-up, and don't feed azaleas until after they bloom, but do go ahead and fertilize evergreen shrubs. In general, wait until March to feed the ornamental shrubs - feeding too early will encourage tender new growth that may be nipped if we are unlucky enough to get a very late frost. Pansies have a hearty appetite and need a balanced fertilizer (13-13-13) every few weeks; remove faded blossoms to encourage new blooms.

In the vegetable garden, set out plants of the cool-weather varieties (broccoli, cabbage, cauliflower) and plant seeds for beets, rutabaga, carrots and potatoes. If you are also thinking of raising a second potato crop in the fall, plan ahead by getting extra seed potatoes now and storing them in the refrigerator. It's usually impossible to buy them in late summer, and regular potatoes from the grocery store may not sprout because they are usually treated with a growth inhibitor.

THIS MONTH'S TIP: While you're busy pruning those trees and shrubs, remember the rule-of-thumb about not cutting off more than one third of the foliage at any one time (except for crape myrtles, which can tolerate being cut back to almost nothing).

What is the Main Goal in Little League Baseball?

Submitted by Robin Cox

What should your main objective be in coaching, teaching or parenting a Little Leaguer?

Is the objective to win? I would say Yes but also No. Winning is important but it is a result. Results, especially in sports are many times determined by actions outside of our control.

A game may be won by the opponent on a bad hop, a ball lost in the sun or lights or even by an umpire's supposed "bad" call. A game may be lost when a batter with bases loaded does everything right and hits the ball hard on a line drive but right at the left fielder that doesn't have to make a move to catch the ball.

Yes, in baseball, we may do everything right but still lose.

Many times we stress the "results" when instead we should be emphasizing what produces the results. When we teach to do the "little things" right we are putting our players in a position to win. Note: This often means doing repetitive drills which can be boring. A bored player is not learning. One thing that kids love is to make a game or competition out of the drills.

In Little League there can be a wide variance of skills among players on the same team.

But there is one common denominator that all players need in increasing measure. (including High School, College and Majors) Can you guess?

That one thing is Confidence. As the saying goes, Confidence is everything!

But confidence in what? Their arm, their bat, their glove? Given that all of those can and will fail what they need is increased confidence in who they are.

Many teams give out stars for the players caps after a game for winning. But I suggest giving out stars or rewards at practice for doing the little things right. Especially putting an emphasis on "hustle" when making the extra effort for trying to stop a ball (whether they made the play or not) or as a batter hanging tough with a pitcher by fouling off many pitches (even though he may eventually strike out) or showing great attitude or encouragement toward a fellow teammate. What does this do? It builds confidence in themselves. They should be instantly rewarded for doing and being their best.

Lastly, as their confidence increases, you as a coach, teacher and parent are looking for one thing. It is called a "breakout." A breakout can occur in practice or in a game. It may be a breakout "at bat" when a batter gets a hit after a long slump. It might occur on a play he has never been able to accomplish until now with his increased hustle. It is that moment when he realizes, yes I can do this! It is that memorable point when he comes off the field smiling so big, it makes the whole season worth it whether your team is 10-0 or 0-10.

But remember, a "breakout" in confidence is not limited to sports and little leaguers.



Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Making Time For Exercise Is Easy

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly.

For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.



ACE
AMERICAN COUNCIL ON EXERCISE

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	Jul 07	Aug 07	Sep 07	Oct 07	Nov 07	Dec 07
\$300,000+	2	5	4	2	5	1
\$250 - 299,999	4	4	2	5	4	1
\$200 - 249,999	5	6	1	3	3	2
\$170 - 199,999	3	7	7	4	1	3
Under \$170,000	2	2	2	2	3	1
TOTAL	16	24	16	16	16	9
New Construction						6
Resales						3
Avg \$/Sq Ft	81.39	81.18	80.84	74.42	78.30	74.71
Avg Days on Mkt	90	62	92	59	61	142



Shalene Fox
Broker

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