

SUMMERWOOD

live friendly.



Volume 10, Issue 3
Summerwood Community Association
www.summerwood.org

March 2008

NOT AVAILABLE ON-LINE

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.)

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

New Beginnings

Bible Study

Friday - March 21, 2008

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

Summerwood Community Center

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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.

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

Happiness can be an elusive feeling, even though it is what most of us strive for. However, many people put happiness on hold, promising themselves they will be happy when some great thing happens in the future: when they lose 10 pounds, get a raise, a new job or fall in love, etc. Experts tell us that, while life is generally a combination of ups and downs, we should try to be happy with ourselves in the present – right now, today. Below are some suggestions for achieving happiness in your life.

Write down your passions – make a list of what moves you, so you will have a ready reminder of what is important to you.

Take time out for fun – it is a proven fact that a life of all work and no play does not bring happiness. Schedule time for activities you enjoy.

Unplug yourself – turn off cell phones and other distracting electronics that intrude on your life—even if only for short periods of time. This will allow you time to think and enjoy life at a slower pace.

Be flexible – Research has found that those who are more able to “go with the flow” are notably less stressed. So if plans get cancelled, be spontaneous and enjoy yourself as you see what unfolds.

Clear your mind – if you are worrying about a project at work, you will be too distracted to savor anything. Clearing your mind of worries gives you the space to focus on the present and enjoy it.



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

Energy-efficiency is the wave of the future, and everyone who wants to save energy and money, and help the environment at the same time, is promoting the use of new energy-efficient light bulbs. Here is some helpful information about the new energy-efficient compact fluorescent (CF) light bulbs:



CF bulbs use about **one-quarter of the energy used by an incandescent light bulb** to produce the same amount of light, and last approximately five times longer.

CF wattages differ from traditional light bulbs; therefore, **replace a traditional 60-watt light bulb with a 15-watt CF light bulb.**

Understand that the start-up time of a CF bulb can be **slower then that of an incandescent bulb.**

CF bulbs produce light that is more diffused than incandescent bulbs, **so they are good for area lighting.**

For best results and longest life, use CF bulbs in appliances that will generally be on for no more than three hours at a time.

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


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“I’m a Primrose Kid”
Jennifer Poindexter, Graduated Magna Cum Laude,
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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®



Travel Fitness: A Plan of Action to Keep You Active

IT IS EASY TO LET A VACATION OR business trip destroy your fitness schedule and eating habits, but why let something as rewarding as a vacation or as exciting as a business trip leave you feeling unhealthy upon return. With a little research and proper planning, you can create an easy-to-follow plan to keep you fit and healthy no matter where you travel, and you can come home feeling more healthy and energized then when you left.

Nature's Playground and Man's Monuments

There is no excuse for not finding places to exercise when every city has a great staircase, stadium, or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby; or if you have ventured to the mountains, ask for a map of local hiking trails. It is also a good idea to ask the concierge for a map of the city to find out how many of your destinations are reachable by foot. (Walking will increase your fitness and decrease your taxi fares.) Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they don't have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee. There are no limits to the exercise you can do while exploring new territory. Make the most of your trip, and get to know the city by foot.

Prepare for Power, No Excuses

If your hotel doesn't offer fitness accommodations, bring along a jump rope and an exercise tube. They are both lightweight and easy to transport. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere.

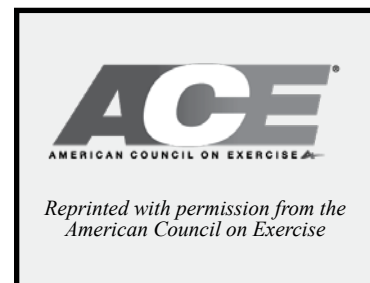
With the exercise tube and a pre-arranged plan to keep you motivated, you can keep your entire body toned and energized without entering a gym or stepping on a piece of exercise equipment. Numerous magazines and Web sites offer workout instructions for each body part. And, of course, body-weight exercises such as push-ups and crunches require no equipment at all. The point is to find a workout routine that suits your needs and follow it. Plan a specific time each day or every other day to do your strengthening and cardiovascular routines (a good plan is to alternate days between the two). Remember that the 20 to 60 minutes you spend working out each day is for you, and try to stay on schedule.

Have Fun

Be sure to enjoy yourself and make the most of the area to which you have traveled. Remember to bring comfortable shoes so that you can easily get a workout while using your feet as your main mode of transportation. Whether your trip is for business or vacation, remember that you should have some time for yourself every day. Why not dedicate that time to improving your health and making yourself feel better!

Nutrition Road Tips

- Always drink plenty of water, particularly if you're flying.
- Conjure up a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible.
- Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.
- Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.



Is snoring normal?

*From the Clinical Desk of Dr. Ronald S. Prehn
Director of Center for Facial Pain and Dental Sleep Medicine, P.C.*

Snoring is a normal part of the human sleep experience for most people. But there lurks a hidden danger in thinking it should not be evaluated. This danger is Sleep Apnea. Excessive snoring is a compelling symptom associated with Sleep Apnea and people who regularly snore should definitely be screened for this not so silent disorder.

Snoring has long been thought of as simply an irritant for the bed partner but in recent years much has been learned about the real dangers that snoring indicates. The actual sound known as snoring is caused by the vibration of the walls of the throat. Usually, this vibration occurs when the tongue falls back in the throat, prompted by loose muscle tone and weight gain, and the walls of the throat collapse. This results in a restriction of airflow and triggers the brain to make the chest work harder in order to get more air through the narrow airway. This generates a much greater speed of air than normal and causes the tissues of the throat and the back of the mouth to vibrate.

When a person suffers from Sleep Apnea this process can become

deadly by constricting the airway so severely that the individual frequently stops breathing throughout the night. The decrease of oxygen caused by narrowing of the airway and the drop in pressure in the chest cavity caused by the collapsing airway often leads to heart problems, type2 diabetes, strokes and most often daytime fatigue. This fatigue is usually shrugged off by most as "just getting old" or "normal", but in fact daytime fatigue is a major cause of driving accidents on the road today and it is a huge contributing factor in the obesity epidemic that is overwhelming our society.

The good news is it can and should be treated. Snoring must be evaluated by a Medical or Dental Sleep Specialist and only a qualified practitioner can diagnose a sleep-related health threat, or determine if it is something that just needs to be watched for future changes.

The importance of consulting a doctor can not be overemphasized. It may very well save your life. In the very least, it will improve your quality of life and certainly make for a much happier bed partner!

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Who knows the neighborhood better than a NEIGHBOR?

Summerwood Resident



	Aug 07	Sep 07	Oct 07	Nov 07	Dec 07	Jan 08
\$300,000+	5	4	2	5	1	2
\$250 - 299,999	4	2	5	4	1	1
\$200 - 249,999	6	1	3	3	2	1
\$170 - 199,999	7	7	4	1	3	2
Under \$170,000	2	2	2	3	1	1
TOTAL	24	16	16	16	9	7
New Construction					6	1
Resales					3	6
Avg \$/Sq Ft	81.18	80.84	74.42	78.30	74.71	80.66
Avg Days on Mkt	62	92	59	61	142	141



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 it?

Make sure your realtor knows the neighborhood so you don't miss out on potential sales.

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* All figures based off MLS data 2/7/08 **For communities 2500 acres

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