

News For The Residents of Summerwood

Summerwood

Volume 10, Issue 4, April 2008

Park Lakes Community Garage Sale

Our residents have cleaned out their closets and can't wait for you to stop by on Saturday, April 12th from 7AM – 12 Noon! You'll find treasures galore in our community-wide garage sale! Residents will be selling their items right out of their garages. For a map and list of items being sold, don't forget to stop by SplashPad Texas (located off of Wilson Rd/Beltway 8E, Humble 77396, 281-441-3557) or the gate attendant's office on the day of the sale. Don't miss out! For any questions, please contact Michelle Evrard, Director of Community Events, at mevrard@canyongate.com or 713-783-6702.



TAX TIPS – 2008

Don't forget to file your Federal Income Taxes (or apply for an extension) by Tuesday, April 15, 2008!! The IRS has made it much easier to file electronically if you do not want to file a paper return or are in need of a last minute extension. You can also file form 4868 electronically which will give you an extension of up to 6 months to file your return (October 15, 2008) but it does not extend the payment for those taxes. If you think you will owe when you do file your return, then you must pay the balance along with the extension request or you will pay the government interest and penalties.

Looking for your refund? If you have already filed your return and want to know the status of your refund, you can now log on-line and find out when you can expect to receive it. This option is available whether you requested automatic deposit into one or multiple accounts or a check mailed to your home address. Log on to: www.irs.gov for a link to this feature.

Make sure you: Maximize your credits! The credits available to many filers are often overlooked. These

include:

Child & Dependent Care Credit: may be available for daycare expenses paid even if you participate in a flexible spending program with your employer.

Child Tax Credit: generally available for taxpayers having qualifying children with adjusted gross income under \$110,000

Education Credits: for higher education expenses two different credits apply, the Hope Credit and the Lifetime Learning Credit

Adoption Credits: a nonrefundable credit available for taxpayers with qualified adoption expenses

Watch Out For: The IRS has new substantiation requirements for common itemized deductions such as employee business deductions and charitable contributions including non-cash contributions.

Make sure you get with your tax advisor if you think any of the above could possibly benefit you as each individual situation is different.

Don't want to wait for the mail?
**View the current issue of the Summerwood
Newsletter on the 1st of each month at
www.PEELinc.com**

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.)	

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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Advertising.....	advertising@PEELinc.com, 888-687-6444

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Submit Information for Publication in the Newsletter

Please help fill the Summerwood 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 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.

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Some people don't realize the benefits of a Home Protection Plan. However, as an experienced Real Estate Professional, I would like to explain how a quality Home Protection Plan can benefit you, whether you are selling or buying a home. A good Home Protection Plan ensures the repair or replacement of major 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 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

Sugar and spice and everything nice – well, almost.

The trouble is that refined sugars don't include anything nice. In fact, they can deplete your body of nutrients, causing damage to your vital organs if your overindulgence goes unabated. Artificial sweeteners can be equally dangerous; some have been shown to cause cancer in laboratory animals, and headaches and depression in people.

Fortunately, you have a virtual cornucopia of better choices. Read on to find out about some of the good sweeteners – raw and lightly processed sugars and syrups – and what's so great about them!

Barley Malt Syrup and Brown Rice Syrup: Composed primarily of maltose and complex carbohydrates, they are digested more slowly than other sweeteners, so they don't make blood sugar levels yo-yo.



Maple Sugar/Maple Syrup: Among the least refined sweeteners available, they are flavorful and contain minerals such as zinc, iron, calcium, and potassium.

Molasses: All molasses contains minerals, but blackstrap, the dark, syrupy "leftovers" from the sugar refining process, contains more minerals and calcium than any other sweetener.

Raw Honey: It's as unrefined as sugar gets—straight from the bees to your table.

Household Tips

NOTHING lasts forever, even if there's no expiration date to guide you. So how long should you let your stuff linger before replacing it? We talked to the experts and nailed down a "best by" date for some common household items.

Cosmetics: *Replace after three months to two years.* Microbe growth in makeup can cause skin irritations and infections. The worst offenders are liquid cosmetics, which build up bacteria more quickly. Keep mascara for a maximum of three months; other liquids and creams (eyeliner, foundation) for no more than a year. Powders (eyeshadow, blush) can be used safely for up to two years.

Mattresses: *Replace after seven years.* A mattress that sags or is uneven won't keep your spine in line as you sleep, which means you may have trouble sleeping, and neck and back pain while awake.

Toothbrushes: *Replace after three months.* Toothbrush bristles frayed from use remove plaque less effectively than those of a new brush. Swapping out your brush will also limit exposure to bacteria that build up on the bristles and could make you sick.

SUMMERWOOD

HEEL PAIN

Dr. Judith E. Rubin

Do you ever wake up in the morning and struggle taking that first step out of bed because your heel hurts? You may be suffering from plantar fasciitis, a very common foot problem that a Podiatrist treats daily.

The plantar fascia is a thick band of fibrous connective tissue that is attached to the bottom of the heel and fans out into the ball of the foot attaching to the base of the toes; acting like a shock absorber by flattening out the arch with each step. It is responsible for helping to stabilize the foot while walking and doesn't stretch very much. The planter fascia is like a rubber band in that it stretches until it can't stretch anymore and then it breaks causing micro tears in the fascia at the heel bone which causes pain. Sometimes one forms a heel spur due to the repetitive process of walking and flattening out of the arch. The heel spur itself does not cause the heel plain but does signify that the fascia has been excessively stretched for quite some time. Also, through this inflammatory process the nerves can get irritated causing pain.

There are a number of different causes of heel pain including but not limited to heel spurs, posterior heel pain, stress fractures or fractures in general. Achilles tendonitis, bone bruises, tarsal tunnel syndrome, Sever's disease (seen in adolescents and children), bone tumors and inflammatory conditions like rheumatoid arthritis.

Risk factors for heel pain may be a flat foot or high arch foot type, obesity, standing on hard surface floors for long periods of time, wearing improper fitting shoes and engaging in strenuous activity.

Heel pain on the bottom of the foot tends to occur for no apparent reason. The most common patient complaint is pain with the first step in the morning or after getting up to stand after sitting. The pain may be sharp while standing and throbbing while sitting. Some have pain that radiates up the back of the leg or into the arch of the foot. Also if heel pain persists for quite some time prior to treatment there may be pain laterally on foot too. Other signs and symptoms include: inability to walk comfortable on the affected side, heel pain that occurs at night while resting, heel pain that persists beyond a few days, swelling or discoloration of the ball of the foot, signs of an infection including fever, redness, warmth or any other unusual symptoms.

Plantar fasciitis is diagnosed through a thorough history and physical exam. X-rays are useful in determining if a heel spur is present and to rule out other causes of heel pain such as a fracture, bone tumor or connective tissue disorder.

Heel pain treatment depends entirely on the cause of the problem. If you are unsure of your diagnosis or severity of your condition you should seek medical advice from a Podiatrist before beginning any

(Continued on page 7)

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SUMMERWOOD

Kicking Kidney Stones: Are at Risk and What Can Be Done?

Submitted by: Dr. Koushik Shaw

It's a common condition that can cause uncommon pain. Kidney stones can be as small as a grain of sand, the size of a pearl or even, for an unlucky few, larger than a golf ball. No matter what their size, kidney stones are considered to be one of the most uncomfortable of urological disorders—just ask someone who's passed one.

Every year, more than three million visits are made to health care providers and more than half a million men and women end up in the emergency room for problems related to kidney stones, according to the National Kidney and Urologic Diseases Information Clearinghouse.

Kidney stones are more prevalent in certain parts of the United States—including Central Texas. "There is an area sometimes called the "stone belt" that stretches from coast to coast along the mid- and lower south states where kidney stone rates are higher," says Dr. Koushik Shaw, a board certified urologist with The Austin Diagnostic Clinic. "There are many theories on why that is, including higher temperatures or the possibility of higher mineral content in the water supply."

No matter where you live, kidney stones develop when waste materials in the urine don't completely dissolve. "Sometimes a stone will stay in the kidney and you won't even know it's there," says Dr. Shaw. "Other times, it will travel from the kidney and travel down

the ureter, the tube that carries urine from the kidney to the bladder. Eventually, it may come out when you urinate."

But a stone can cause intense pain as it moves into the bladder. Sometimes it can get stuck as it travels. "The most common symptom of a kidney stone is sharp pain in the back, side or in the lower abdomen," explains Dr. Shaw. "Other signs of a stone include nausea and vomiting, blood in the urine, cloudy urine, the need to urinate more often, and fever and chills."

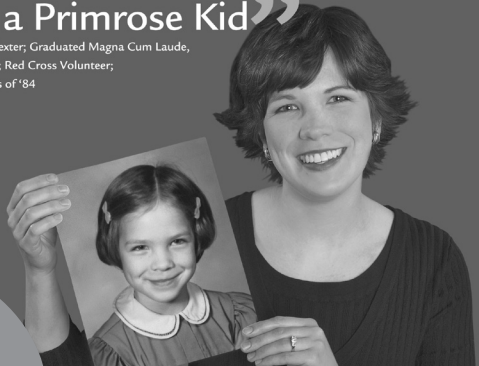
Despite the discomfort—for which doctors can prescribe pain medication—many stones can pass through your body if you stay adequately hydrated. If the stone doesn't pass promptly, or causes severe pain or an infection, your doctor may recommend medical treatment.

"Not too long ago, open surgery was a major option for removing kidney stones," says Dr. Shaw. "Today, there are new, less invasive methods that can be performed in an outpatient setting. Your doctor will choose a treatment after considering the size of your stone, the stone's location and any medical conditions you might have."

If you've had a kidney stone, you may develop them again. Know your family history as well; if someone in your family has had stones, you're more likely to form them and should take steps toward prevention.

"If you want to avoid any type of kidney stone, the best thing you can do is drink water and lots of it," says Dr. Shaw. "Drink six to eight full glasses each day. Drinking lemonade can also be helpful because it has high levels of citrate, which is a powerful reducer of stone formation. Stay as active as possible and eat a healthy, balanced diet as well."

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Mildew Stains

This is the time of year when Houston homeowners begin to be plagued by mildew. It commonly shows up on the bricks or concrete on the north walls or side of the home, though any sheltered place that can stay damp will foster the growth of the unsightly green-to-black fungal nemesis.

The mildew stains can normally be removed without great difficulty by treating the affected areas with any anti-fungal or anti-mildew material available at local hardware stores. Many area homeowners have found a mixture of bleach and TSP (tri-sodium phosphate) to be an effective removal agent when brushed on and hosed off. For treatment of extensive areas of mildew growth, power-washing is the recommended approach. So our homes and the community can be kept as visually pleasing as possible, you are asked to inspect your homes, especially the north side walls, patio walls, mailboxes and entryways, and try to remove any mildew spotted.

Heel Pain - (Continued from page 4)

treatment plan. For plantar fasciitis, the most common cause of heel pain, treatment consists of numerous modalities. Stretching is the key to alleviating symptoms. I have found over the years that soft padding and strapping of the affected foot along with oral anti-inflammatory medication taken on a regular basis for a short period of time is beneficial as well as icing the foot. If minimal or no improvement occurs then in addition to stretching and icing the foot, a cortisone injection to the heel may be needed. If still not 100% improved then custom molded functional orthotics should be considered. A custom orthotic is made by your Podiatrist which is worn in normal shoes but is made specifically for the patients' foot type and corrects abnormal pronation of the subtalar joint. Physical therapy and night splints are other possible treatment options. Surgery to correct heel pain is generally only recommended if all other treatment modalities have failed.

Heel pain is a condition that is very common and is successfully treated through conservative treatment options daily by your Podiatrist. If you are experiencing persistent heel pain please see your foot doctor/podiatrist to start treatment to begin the healing process and get you back to your everyday activities pain free.

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.

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

* Solution at www.peelinc.com

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\$250 - 299,999	2	5	4	1	1	2
\$200 - 249,999	1	3	3	2	1	3
\$170 - 199,999	7	4	1	3	2	4
Under \$170,000	2	2	3	1	1	2
TOTAL	16	16	16	9	7	13
New Construction	-	-	-	6	1	6
Resales	-	-	-	3	6	7
Avg \$/Sq Ft	80.84	74.42	78.30	74.71	80.66	81.65
Avg Days on Mkt	92	59	61	142	141	90



Shalene Fox
Broker

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