

# News For The Residents of Summerwood

# Summerwood

Volume 10, Issue 9, September 2008

## Stress and Aging

*Submitted by Dr. Tenesha Weine*

Many things can speed up aging including a diet high in fats and white sugar/carbohydrates, not getting enough exercise, lack of sleep and too much exposure to the sun, but stress is number one!

A little bit of stress is not always bad, it wakes us up and makes us alert. We learn better sometimes when we have a little bit of stress. The danger of aging comes when we have prolonged stress and don't know how to counteract the negative stresses.

A stress response starts in the pituitary gland and hypothalamus, which is called the mind-body connection, or where the brain and body intersect. When the hypothalamus and pituitary are stimulated, they activate the adrenal gland, which releases chemicals into the body that rev the body for a "fight or flight" action. When your body gets stressed, such as in times of emotional distress, exercise, surgery, illness, or even daily living, hormones are produced by the adrenal glands called Glucocorticoids, one of them being Cortisol. Prolonged adrenal stimulation will eventually lead to adrenal fatigue, a condition I speak more in depth about on my website.

So what can you do about Stress? Life style change is by far the best antidote to stress.

1st is to breathe correctly from your diaphragm, this powerful muscle in your stomach can calm the vagus nerve which helps aid in balancing your body. This nerve sends branches to the heart, the lungs, and the intestinal tract. And what it's saying to your system is to calm down.

2nd is through meditation or prayer. This can strip decades, literally, off your life. If you find still meditation difficult, you can also use techniques like yoga, tai chi, or chi-gong. Just spending as little as 10 minutes alone, in

silence will reset your endocrine system. You may say you don't have time, or you can't afford to take ten minutes. You really can't afford not to.

3rd, as we've all been told before, eat more fruits and vegetables!!! Specifically those rich in antioxidants like tomatoes, blueberries, carrots and broccoli. They can boost your immune system and help your body fight off the negative effects of stress.

4th, add magnesium to your diet. Magnesium is a well known anti-stress mineral. Look for it in whole grains, beets and raisins. Magnesium can also be taken as a supplement monitored by a health care practitioner.

5th, let it go! Relax. Don't sweat the small stuff....and it's all small stuff. Learn to keep from letting the little things in life drive you crazy. Don't focus on the negative and stressful. Most of us need some help with this. There are many relaxation techniques out there such as guided visualization and hypnotherapy that can help. Check out the book "Don't Sweat the Small Stuff," by Richard Carlson, PH.D, highly recommended!

Lastly, and this may be needed in cases of extreme prolonged stress and exhaustion, is monitored Adrenal Gland rebuilding by a certified Doctor. Each gland in your body can be rebuilt using proper herbs and supplements. Adrenal gland testing my need to be performed to see just how stressed your body is and the rebuilding starts from there!

More to come on Adrenal Testing. In the meantime, Relax!

## FOR THE Home Chef

### Lemon Ice Box Cake

*Submitted by Madra Ford*

- 1 yellow cake mix
- 2 cans sweetened condensed milk (Eagle Brand)
- 1/2 cup fresh lemon juice
- 1 8oz. container Cool Whip

Bake cake as directed for two layers. When cool, slice each layer in half, making four layers. In a bowl combine condensed milk with lemon juice..... reserve 1/2 cup & set aside for frosting.

Use remaining juice/milk mixture as a filling between the four layers. With reserved mixture, gently fold in the Cool Whip and frost entire cake. Holes can be poked in cake so frosting is absorbed. This is better if made a day or two in advance.

*If you would like to submit YOUR recipe, email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

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# SUMMERWOOD

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## Health & Safety

Home security is important to everyone. "Case" your house just as a burglar would, and implement these tips to make your home more secure:

**Bushes:** Trim shrubbery around your house so that landscaping will not provide concealment for criminals. Plant spiny (thorny) plants along fences and under windows.

**Exterior Lighting:** Security lighting that is located out of reach and is vandal resistant should protect all sides of your home. The best choice is a motion detector type of fixture, which warns the resident that something is in the yard.

**Doors:** All exterior doors should be solid core wood and equipped with deadbolt locks. Install a peephole or a wide-angle viewer in the door for identifying visitors.



**Windows:** Double-hung windows can be secured simply by "pinning" the upper and lower frames together with a nail.

**Keys:** Re-key all locks when you move into a new home or apartment. Never hide a key outside your home; burglars know all the usual hiding places.

Remember, most home burglaries are crimes of opportunity. The more you can do to keep your home from looking like an easy target, the more security you have.

## Household Tips

Good home maintenance is good feng shui. Millionaires don't live with dust bunnies or leaky taps, and neither should you. Shift the *chi* (vital energy) of your home toward prosperity by attending to housekeeping and maintenance issues that may be draining your energy and abundance. Common problems to look out for, and why:

- A cracked walkway, sagging porch steps, or ratty doormat can literally or symbolically trip you up and make it difficult to achieve your goals.
- In feng shui, the kitchen and the stove are very important to prosperity. Broken burners indicate financial problems. Dirt and grime will also affect your stove's prosperity chi, so keep it clean.
- Plumbing problems indicate that resources are leaking away from the home. Fix them immediately!
- Anything dirty, dingy, or broken is bringing negative energy into your home. Clean it up, fix it, or throw it out.





# SUMMERWOOD



## Pet Waste: Dealing with a Real Problem in Suburbia

Pet waste is not the predominant or most toxic pollutant in urban streams, but it is one of many small sources of pollution that can cumulatively have a big impact if left unmanaged. In North Central Texas the estimated dog population is 1.2 million. The average dog produces three to four pounds of waste daily, according to the Food and Drug Administration. That's about 900,000 pounds of dog poop produced every day in North Texas. Add to this figure cats and other smaller pets, and a significant volume of waste is being generated daily.

Pet waste contains bacteria and parasites, as well as organic matter and nutrients, notably nitrogen and phosphorous.

### Some of the diseases that can be spread from pet waste are:

- Campylobacteriosis- a bacterial infection that causes diarrhea in humans.
- Salmonellosis- the most common bacterial infection transmitted to humans from animals. Symptoms include fever, muscle aches, headache, vomiting, and diarrhea.
- Toxocaris- roundworms transmitted from animals to humans. Symptoms include vision loss, rash, fever, or cough.

In addition to these diseases, the organic matter and nutrients contained in pet waste can degrade water quality. When pet waste is washed into a surface water body, the waste decays. This process of breaking down the organic matter in the waste uses up dissolved oxygen and releases ammonia. Low oxygen levels, increased ammonia and warm summer water temperatures can kill fish.

Excess phosphorous and nitrogen added to surface waters can lead to cloudy, green water from accelerated algae and weed growth. Decay of this extra organic matter can depress oxygen levels, killing organisms. Objectionable odors can also occur.

Flies and other pest insects can also increase when pet waste is disposed of improperly, becoming a nuisance and adding another vector for disease transmission.

Managing pet waste properly is something that everyone can do to make a difference in their respective watersheds. Truly, proper individual actions result in significant water quality improvement when carried out by the majority. Unlike some forms of stormwater pollutants, pet waste can be easily and economically managed by the individual.

Sometimes, the 'out of sight, out of mind' attitude exists regarding

pet waste. Employing this flawed thinking, waste is often disposed of in the street stormwater catch basin. Aside from dumping directly into a water body, this is the single worst place to dispose of waste. In the next rainstorm, the accumulated waste is transported quickly and efficiently to the nearby receiving water course, polluting it.. That said, then, specifically what can be done?

### Proper Onsite Disposal

**Flush it:** Pet waste itself (not the litter or bedding material) can be flushed down the toilet. The water from the toilet goes either to a septic system onsite or a sewage treatment plant that removes most pollutants before the water reaches its outlet. The used litter should be disposed of in a securely closed bag in the trash.

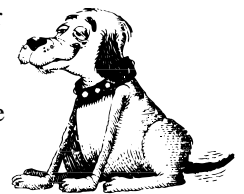
**Bury it:** You can bury the waste directly in the yard. Dig a hole or trench that is 6 inches deep, away from vegetable gardens, play areas, and away from any lake, stream, or well. Often, the woods is an ideal spot. Microorganisms in the top layer of soil will break down and digest the waste, releasing the nutrients for uptake by adjacent vegetation. Never add the waste as a fertilizer to the garden or to the compost pile. The disease organisms will continue to survive and create a significant health risk.

**Trash it:** Check local ordinances first. Putting pet waste in the trash is against the law in some communities. Even if legal and easy, it's not the best solution. Waste can contribute to the landfill problems in the state.

**Leave it to someone else:** Believe it or not, a number of professional pet waste disposal services exist. These businesses will completely remove the waste from your yard and dispose of it themselves, for a fee.

**Ordinances, signage and education:** Many communities have "pooper-scooper" laws that govern pet waste cleanup. Some of these laws specifically require anyone who walks an animal off of their property to carry a bag, shovel, or scooper. Any waste left by the animal must be cleaned up immediately. Call your local health officer to find out more about pet waste regulations.

In recreation areas, trails, and public parks, 'scooper signage' along with plastic bag



(Continued on Page 5)



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## Pet Waste - (Continued from page 4)

dispensers and disposal cans should be provided. This idea is especially critical at streamside or lake shore walking trails.

Public education is critical when addressing the pet waste problem. Interestingly, much of the public thinks of problems associated with pet waste as being only nuisance related-odors or aesthetics. An actual example of this is the woman walking her dog in the park who had brought along a brown paper bag to collect the 150 pound mastiff's waste. This she indeed dutifully did, and then proceeded to dispose of the bag by ....tossing it into the lake!

Brochures, newsletters, signage, local public service announcements, and evening seminars are all ways to get the word out to the public. One very effective way to reach people is to have a flyer enclosed in tax bills or other municipally-generated mailings that go to all property owners.

## Conclusion

The problem of pet waste disposal in suburbia is a real one. Research has indicated strongly that water quality is negatively impacted by this pollutant in Texas. However, unlike many other sources of water degradation in the state, improper pet waste management is a dilemma that can be easily corrected through education by organizations and common sense actions by individuals.

Let's all "doo" the right thing and pick up after our pets. Make a difference and go green.

## Recipe of the Month:

### Lemon Ice Box Cake

*Submitted by Madra Ford*



- 1 yellow cake mix
- 2 cans sweetened condensed milk (Eagle Brand)
- 1/2 cup fresh lemon juice
- 1 8oz. container Cool Whip

Bake cake as directed for two layers. When cool, slice each layer in half, making four layers. In a bowl combine condensed milk with lemon juice.....reserve 1/2 cup & set aside for frosting.

Use remaining juice/milk mixture as a filling between the four layers. With reserved mixture, gently fold in the Cool Whip and frost entire cake. Holes can be poked in cake so frosting is absorbed. This is better if made a day or two in advance.

*If you would like to submit YOUR recipe  
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## Top 10 Extreme Vacations - These Adrenaline-Packed Vacations Will Get Your Heart Racing

*Submitted by Marina Byrum*

Some travelers love to live on the edge; thrill-seekers looking for adventure while on vacation. If orbiting the earth, bungee jumping from a tower on the Las Vegas strip, or getting up close and personal with a gorilla sounds like fun to you, you're in luck. We've looked at Sherman's Travel tips, and found 10 extreme vacations guaranteed to get your heart racing, and just in case you aren't quite ready to swim with the sharks, we've also found a similar - albeit less adrenaline pushing - alternative to each of these adventure-filled trips.

**1. Drag racing** - If your adrenaline pumps just watching "The Fast and the Furious", your heart will feel like it's about to come out of your chest when you experience the real thing. Street racing is illegal, but law-abiding drag-racing schools abound. Doug Foley's Drag Racing School offers several dates in Atco, New Jersey (plus a trio of options in Michigan, Pennsylvania, and Maryland); for the highest HBM (heart beats per minute), opt for the Super Comp Dragster package, a two-day program that includes safety instruction and step-by-step familiarization with your car. Then it's time to hit the track, open the throttle, and make like Mario Andretti.

**Low-adrenaline alternative:** Not quite ready to get behind the wheel? Get behind Andretti himself and ride with him when you sign up for a Mario Andretti Fantasy Day. Yes, autographs are included.

**2. Gorilla safari** - For the chance to interact with the one of the world's most-endangered species, follow in the footsteps of Dian Fossey, the anthropologist immortalized in the 1988 movie "Gorillas in the Mist". No more than 700 mountain gorillas remain, but Volcanoes National Park in Rwanda, Africa is still the best place on the earth to spot — and maybe even touch — one of these gentle herbivores. Their distinctive personalities are endearing, while the ruins of the Karisoke Research station where Fossey was murdered and buried are themselves quite moving. JK Safari runs 4-day safaris to the area that include ecolodge stays.

**Low-adrenaline alternative:** If you're not up to the intense safari necessary to track the mountain gorillas, a visit to Monkey Mountain in France provides primate interactions of a different kind: the 280 Barbary Macaques monkeys here roam free among visitors, but be careful, as these mischievous creatures are known to take food right out visitors' hands!

**3. Heli-skiing** - If you're a top-notch skier with a penchant for adrenaline, get off the trails and take to the skies by boarding a chopper and going heli-skiing, a sport that makes the trek up the mountain as exciting as the run down. Lured by the promise of untouched slopes, wilderness solitude, and challenging terrain, those who dare to get airborne access otherwise inaccessible peaks. Valdez Heli-Camps operates tours to the Chugach mountain range in Alaska; serious extremists book the four-day Sound to Summit package that tackles Chugach's 13,000-foot peak and offers accommodations on a ship (complete with heliport) anchored in the Prince William Sound.

**Low-adrenaline alternative:** Have a fear of flying? Consider backcountry skiing in the Colorado Rockies instead; Paragon Guides

offers great off-the-trail treks in Vail.

**4. Mountain climbing** - As the holy grail of mountain climbing, the legend of Mount Everest looms large in travelers' minds, and with good reason: risking passage through the "death zone" (which takes lives every year) and reaching the summit is the achievement of a lifetime. If you're an accomplished climber, Adventure Consultants offers summit expeditions from Nepal that will set you back about \$60,000 and come with no guarantees of summiting.

**Low-adrenaline alternative:** If you've just got to see Everest but don't want to risk your life (or spend your life savings to do it), entirely doable (and more affordable) trips to base camp — complete with spectacular views — are available from KE Adventure Travel for about \$2,300.

**5. Sandboarding** - Whether you already consider snowboarding passe or simply can't wait till winter to carve up the slopes, try strapping on your board and tackling a mountain of sand. Sandboarding is a four-season extreme sport that's recently gained in popularity with snowboarders looking for a similar rush and surreal, desert landscapes. Sure, you could try surfing the dunes at your local beach, but for the real deal, head to Cerro Blanco near the Andes mountain range in Peru to find the world's tallest sand dune. Peru Adventure Tours runs 8-hour outings (leaving at 5 a.m.) that include board and lunch.

**Low-adrenaline alternative:** If carving up the sand isn't your thing, explore via dune buggy in the Oregon Dunes National Recreation Area instead.

**6. Shark diving** - If "Jaws" didn't permanently scare you out of the water, pack your gear and go deep-sea diving with the sharks off the coast of Cape Point, South Africa. Apex Shark Expeditions runs day trips into False Bay (some 30 minutes from Cape Town) between November and June, inviting you to swim for over an hour with Mako and blue sharks without anything but your wet suit between you and their fins.

**Low-adrenaline alternative:** Check out the world's largest predatory shark — **the great white** — in the Pacific waters around Mexico's Isla Guadalupe; Shark Diver outings put you underwater — and safely behind bars — in a secure steel cage.

**7. Space travel** - The typical vacation will liberate you from the tedious orbit of the work day, but the 10-day space journey offered by Virginia-based Space Adventures blasts you from a launch pad in Kazakhstan into the actual orbit of the Earth, where gravity itself becomes obsolete as you circle the globe every 90 minutes. But if the thought of piggybacking on a Russian rocket for a cool \$25 million grounds you, wait for a comfy chair on Richard Branson's Virgin Galactic, set to launch as early as 2009 with suborbital flights that will set you back \$200,000.

**Low-adrenaline alternative:** Zero-gravity thrills at an even less-astronomical price (\$3,950) are available in Fort Lauderdale

*(Continued on Page 7)*

## 10 Extreme Vacations - (Continued from page 6)

through Zero G, where you can simulate weightlessness via the same parabolic-flight maneuvers used to film a buoyant Tom Hanks in "Apollo 13".

**8. Spelunking** - Rappel down the side of a limestone cliff, squeeze through damp crevices covered with luminescent glow worms, leap from a subterranean waterfall, and go "black-water rafting" in the underground rapids at Ruakuri Cave, part of the otherworldly Waitomo cave system in New Zealand. The five-hour Black Abyss adventure offered by The Legendary Black Water Rafting Co. is the most challenging of the region's guided tours, with a mix of climbing, rappelling, and cave tubing.

**Low-adrenaline alternative:** For a less-demanding domestic descent, go to Carlsbad Caverns National Park in southern New Mexico. Rather than rivers and waterfalls, the 300 caves here were carved out by limestone-dissolving sulfuric acid, making for a much drier — yet still "deeply" satisfying — experience.

**9. Stunt vacations** - Making a living as a stunt person sounds crazy to most, but if you fancy yourself a daredevil, it probably sounds like a dream job. For a taste of the car chases, burning buildings, and free falls seen in high-octane action movies, head to Las Vegas. Thrillseekers Unlimited offers hear-pounding adventures taught by working SAG stunt professionals; book the five-day Stunt Experience and you'll stunt fight, set yourself on fire, and bungee jump from the

AJ Hackett Tower on the Strip.

**Low-adrenaline alternative:** If you'd rather take it one adventure at a time, try a tandem skydive offered at hundreds of locations across the U.S.

**10. Titanic dive** - You've seen the movie, but nothing prepares you for seeing the RMS Titanic up close. You don't have to be an oceanographer to get a look at the shipwreck of all shipwrecks, either — head to Newfoundland, where The Great Canadian Adventure Company runs expeditions aboard the Akademik Keldysh, a Russian research vessel capable of descending nearly 2.5 miles underwater to reach the ship's resting place. The privilege of seeing the Titanic up close costs nearly \$40,000 but, for fanatics, it's a small price to pay to be one of the first non-scientists to make the dive.

**Low-adrenaline alternative:** If your pockets aren't that deep, a snorkeling excursion in the Bahamas should satisfy some of your curiosity — minus the major expense. Bimini, Grand Bahama, Paradise, and Andros islands all have shipwrecks right offshore; all you need to explore them are your mask and fins.

No matter what activities you choose to pursue, just be sure to enjoy your vacation! It's the only time we get to act like kids again, eschew wearing suits and pantyhose everyday, sleep late, eat whatever we want whenever we want, etc. Enjoy the rest of your summer!

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# SUMMERWOOD

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

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## Back to School Safety Tips

As summer vacations come to an end, students across the country are readying themselves for the start of a new school year. With all of the excitement this time brings, safety may not be the first subject that springs to mind. The American Red Cross encourages parents to take time to talk with their children about safety before school starts.

According to the National Highway Traffic Safety Administration (NHTSA), 24 million students nationwide start their school day with a trip on the school bus. Although NHTSA reports that riding on a school bus is nearly eight times safer than riding in a passenger vehicle, an average of 11 school-aged pedestrians are killed by school transportation vehicles each year. Whether they walk, ride the bus or travel by car, teach your kids these few tips to ensure they get to and from school safely.

### Tips for School Bus Riders

- Line up facing the bus, not alongside it.
- Do not play in the street while waiting for the bus.
- Carry all loose belongings in a bag or backpack.
- Never reach under the school bus to get anything that has rolled or fallen beneath it. The bus driver may be sitting too high up to see you.
- After getting off the bus, move immediately onto the sidewalk. If there is no sidewalk, try to stay as far to the side of the road as possible.
- Wait for a signal from the bus driver before crossing the street. Walk at least 10 steps away from the front of the bus so the driver can see you.
- Never cross the street or play behind the school bus.

### Tips for Pedestrians or Bike Riders

- Know your child's walking route to school. Ensure that the route is a safe route and that the child knows the route.
- Never walk alone - always travel with a buddy.
- Pay attention to all traffic signals and crossing guards along the way. Never cross the street against a stop light.
- Always wear a helmet when riding a bicycle.
- Ride on the right, in the same direction as auto traffic.
- Avoiding ill-fitting clothing that could get caught in spokes or pedals, or restrict movements.
- Wear reflective colors and material to be more visible to street traffic.
- Walk your bicycle across all intersections.

### Tips for Car Drivers and Passengers

- Everyone in the car should wear a seatbelt, even if it is just down the block.
- Make sure babies and young children are in safety seats at all times and the safety seats have been properly installed.
- Remind teenagers to take extra precaution when driving to school or riding with another teenage driver.
- Limit the number of teenage passengers to prevent driver distractions.
- Do not allow your teenage driver to drive while eating or talking on a cell phone to and from school.

For more information about preparing for emergencies or for facts and tips about safety, visit [RedCross.org](http://RedCross.org).





## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 311 Ranch Road 620 S Ste. 200, Lakeway, TX 78734  
We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: September 30th

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ (first name, last initial)

Age: \_\_\_\_\_ Email Address: \_\_\_\_\_

[This information will only be used to notify you or your parents if your artwork was selected.]



Summerwood

# SUMMERWOOD

## September Landscaping

*Submitted By Ron Kerwin*

September is the startup time for planning some cool season activity. It is about time, right? We need to continue with all the things we have been doing to get through another summer; watering at 1 inch per week, good layers of mulch etc.

Now is a good time to raise tree canopies and thin them out. Dead limbs are obvious now, which will not be the case after leaf drop. Many property owners still have curb area trees with limbs prohibiting cars or trucks from parking in front of the home without paint damage to the roofs. These same trees often endanger passersby on the sidewalk from being poked in the eyes. They also usually have dead grass underneath caused by lack of sunlight to the turf area. Other trees on your properties can benefit from canopy raising and thinning. Wax myrtles and some other "shrubs" can be treed up so they have visible trunks and more resemble trees than shrubs, a totally different look.

Historically Septembers are still very hot. If you are wearing down, you can still hire a lawn service (like mine) to get you through the season. Lawn Companies should be happy to take you on as new clients even this late in the season. If you desire to have an attractive and green lawn all winter, you can put down ryegrass seed late in the month or in October. Your property will stand out in the neighborhood as people drive by and see your green lawn amongst all the dormant grass lawns.

Buy your spring bulbs through catalogs or local nurseries. DO NOT plant them yet. You can get a better selection now. Hybrid tulips and hyacinth bulbs should be placed in the vegetable crisper section in your refrigerator for a necessary pre-chill period prior to planting them. Wait until October/November to plant any bulbs. You can however prepare the beds for the bulbs, add organic matter & turn over the soil.

You can cut back your roses early in the month, but do it sparingly. You will get a rose display this fall if you have maintained your roses well over the summer heat. You can actually plant a fall vegetable garden now. For a list of veggies recommended and their varieties for this area call the Texas Extension office at 817-884-1945 and ask for the free list. The Extension Office has a surprising quantity of free information available, so ask for answers to several questions. The volunteer Master Gardeners there will try hard to get you the right publications.



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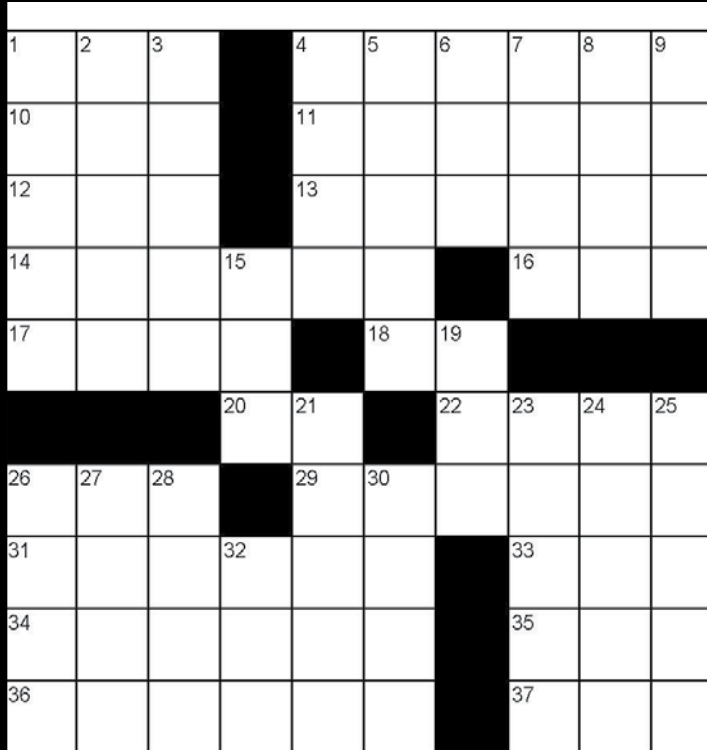
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## Crossword Puzzle



### ACROSS

1. Behind
4. Hand shovels
10. Director (abbr.)
11. Saudi \_\_\_\_
12. W.C.
13. Iterate
14. Set in, like wood
16. Still
17. Bare scalp
18. Tulsa locale
20. Military policeman (abbr.)
22. Loaf
26. Claw
29. Sign on
31. Speech maker
33. Scarlet
34. African country
35. Pride
36. Render able
37. Water

### DOWN

1. Improvise a speech
2. Female singer \_\_\_\_ Apple
3. Mythical monster
4. Asian dress
5. Doctrine
6. Cereal
7. Do what you're told
8. Stack
9. Sodium
15. Admiral (abbr.)
19. Fox's offspring
21. Skulk
23. Braved
24. Vassal
25. Give
26. Covered stadium
27. Iraq's neighbor
28. Merry
30. Canal
32. Bill

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

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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](http://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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	Feb 08	Mar 08	Apr 08	May 08	Jun 08	Jul 08
\$300,000+	2	2	5	5	5	3
\$250 - 299,999	2	2	2	3	3	6
\$200 - 249,999	3	3	1	3	10	5
\$170 - 199,999	4	3	0	2	6	1
Under \$170,000	2	1	2	2	4	3
<b>TOTAL</b>	<b>13</b>	<b>11</b>	<b>10</b>	<b>15</b>	<b>28</b>	<b>18</b>
<b>New Construction</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>6</b>	<b>6</b>	<b>7</b>
<b>Resales</b>	<b>7</b>	<b>6</b>	<b>6</b>	<b>9</b>	<b>23</b>	<b>11</b>
<b>Avg \$/Sq Ft</b>	<b>81.65</b>	<b>78.05</b>	<b>81.72</b>	<b>82.27</b>	<b>80.58</b>	<b>75.67</b>
<b>Avg Days on Mkt</b>	<b>90</b>	<b>98</b>	<b>107</b>	<b>104</b>	<b>103</b>	<b>66</b>



**Shalene Fox**  
Summerwood Resident  
Broker

**Summerwood is the Greater Houston Builder's Association Community of the Year for 2006. \*\***

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\* All figures based off MLS data 8/8/08 \*\*For communities 2500 acres

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