

Local Technology Provider Contributes to the Community En-Touch Systems Provides Relief after Hurricane Ike hits Summerwood

When the lights go out, who's going to be there to respond? Just as soon as En-Touch Systems assessed the damage throughout its 23 master-planned communities in the greater Houston area, they were en-route to Summerwood with relief as it clearly was one of the hardest hit communities serviced by En-Touch Systems.

Running on generators to continue to provide their telecommunications service to the community as much as possible, En-Touch accessed all possible resources to provide assistance to homeowners who had just experienced the worst natural disaster to hit the Houston area in decades.

Summerwood homeowners woke up Saturday morning following the hurricane with no power, no running water and damage to their homes. Bright and early on Monday morning, En-Touch was in the community at the Information Center to provide the community with some much needed essentials such as food, water, ice, free Internet service and phone landlines. Just a few days without electricity and the community was feeling the impact of Hurricane Ike and was grateful for the relief.

News quickly spread of the efforts by En-

Touch and homeowners brought laptops to the Information Center to pay bills, check emails, book hotel rooms and contact loved ones. With the help of En-Touch Systems, the Summerwood community was able to keep in touch with life outside the aftermath of Ike.

Services and Items Provided by En-Touch Systems to Summerwood:

- o Internet & Free Wi-Fi
- o Phone Service for free calls
- o Outlets to charge dead batteries
- o Bottled Water
- o Gallon Water
- o Ice
- o Snacks
- o Fruit
- o Toilet Paper
- o Sanitary Wipes

For additional information please contact, Ashley Thomas at En-Touch Systems at 281.225.0551 or Ashley.Thomas@entouch. net. En-Touch Systems, Inc., founded in 1996, provides High Speed Internet, Digital Cable, Alarm and Telephone Services to 23 select master planned communities in the Houston area. En-Touch is proud to be the hometown technology provider for the Summerwood community.

Spend Sunday at the Lake

You might have seen Summerwood's newest sign on the corner of Broncroft and West Lake Houston Parkway. Lakeside United Methodist Church has put its stake in the ground in our community, and plans to build on the property in the future.

Lakeside UMC, currently sponsored by Kingwood United Methodist Church (KUMC), will formally start worship in March 2009 at Summerwood Elementary School. In the meantime, you can connect with the members of our area's newest church through weekly small group meetings and community outreach events in Summerwood, Eagle Springs and other neighborhoods south of Atascocita.

Pastor Stephen Rhoads, a Summerwood resident and currently on staff at KUMC, has placed a strong emphasis on worship, scripture, prayer and children's ministry. You can experience this focus at a special preview service on November 15 at 5:00pm at Summerwood Elementary.

"My family and I are excited to be a part of this adventure and to share the love and hope of Jesus Christ with the people in Summerwood and its surrounding neighborhoods," said Rhoads. "I look forward to meeting you and your family."

Don't want to wait for the mail? Receive the Summerwood Newsletter in your Inbox. Sign up online at www.PEELinc.com

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency Situations											
Harris County Sheriff's Dept. (Dispatch)											
Constable - Precinct 3											
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											
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											
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										
POST OFFICE											
Post Office	713-631-2098										
9604 Mesa Drive; Houston, TX 77078											
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LAKEWOOD CRUSADERS

New Beginnings Bible Study <u>Every 3rd Friday</u> 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

Advertising Information

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ome people don't realize the benefits of a Home Protection Plan. However, as experienced Real Estate an 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.

A ccessibility and good followthrough – these qualities are instrumental in providing clients with the best in customer care. If you know someone who is selling or buying a home, please refer him or her to me for the best real estate transaction ever. A Safety A Safety

Protecting children from unsafe toys is the responsibility of everyone. Thousands of toys are on the market, each promising to educate or entertain our children. Unfortunately, not every toy is safe. Be careful, vigilant shoppers by following these tips and precautions for toy safety:

Construction: Look for sturdy, well-designed and well-made toys.

Age Appropriateness: Always follow the manufacturer's recommended age designation on the packaging.

Choking Hazards: Do not buy small toys or toys with small parts for children under three.

Toxic Chemicals: Avoid toys made of PVC plastic; choose wooden or cloth toys instead.

Magnetic Toys: Powerful magnets pose special hazards if swallowed. Keep magnetic toys away from children under six.

Lead: Seek out information on toy recalls. Children exposed to lead can suffer developmental delays or even death. Visit cpsc.gov (U.S. Consumer Product Safety Commission) for up-to-date information on toy recalls for lead content and other hazards.

Careful toy selection and proper supervision of children at play is still the best way to prevent toy-related injuries. To report a product hazard or injury, call the CPSC at this toll-free hotline: 1-800-638-2772.



billion of them in the U.S.-and it takes hundreds of years for them to decompose in landfills. Many of them make their way into our rivers and oceans, and kill birds and sea life. Paper bags are not necessarily a better alternative – environmentalists argue that trees must be sacrificed and paper mills pollute.

Become a more eco-friendly shopper by purchasing your own reusable bags, and persuade your friends to do the same. And put a reminder at the top of your shopping list to take the bags with you until it becomes an established habit!

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

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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				6			
1	5	3					2	
		7						9
							4	
	8	5		2			9	
3					9	7		
		1	6		2			
	4		7	1				
						6		7
*Solution at www.PEELinc.com © 2006. Feature Exchange								



BURN

Holiday Pet Tips

Submitted by Melissa Todd

As you celebrate the season, it's important to keep your furry friends safe and stress-free.

Household changes and activity can be very hard on pets.

- Be careful with holiday decorations. Many plants and berries (poinsettias, mistletoe, ivy and holly to name a few) can be toxic to pets. Also be careful where you hang ornaments and decorations... the higher the better!
- Gatherings of people and holiday parties can frighten animals. Plan a safe place for them to retreat too when company arrives or when Halloween doorbells are ringing.
- Holiday leftovers can wreak havoc with your pet's digestive system. This is especially true with older pets. Turkey drippings, poultry bones and chocolate can all result in a trip to the emergency vet.



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.)

According to the National Fire Prevention Association, an average of \$13.3 million in fire damages is attributed to Christmas tree fires each year. Don't be a statistic!!!!

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New Stress Reducer - House Plants

Submitted by Dr. Tenesha Weine

House plants look pretty, fill empty spaces on the floor, and reduce stress. That's right, reduce stress. Being close to house plants makes us feel good. House plants reduce heart rate, blood pressure, and help with skin conductivity. Research has shown that people in planted offices recover from stress more quickly than those in un-planted offices.

No, the nursery with the pink flamingos around the corner from my office did not pay me to write this! It's true, the effect is seen more significantly in situations where the tasks being performed are repetitive or require only low levels of concentration by improving the air quality and people's perception of the building.

Think about it, humans were made to be outside in the woods or jungle, not inside of a cubicle with florescent lighting for eight hours. So, plants in the office help remind our cells there is life outside the four walls of our office.

Plants also give employees a sense of nurturing and caring, and is a highly interactive and a satisfying experience as it relates to our innate desire to take care of something else living.

A number of studies also show plants can reduce the incidence of minor health complaints. Planted buildings have less airborne dust and increased humidity and static electricity. This is mainly because plants are slightly negatively charged compared with their surroundings. This attracts positivity charged dust particles and reduces the number in the air and on the surrounding surfaces.

A Norwegian study, after plants were installed in the trail office, the staff complaints about:

- *fatigue was reduced by 30% *dry throats were reduced by 30%
- *headaches were reduced by 25%
- *coughing was decreased by 40%
- *skin irritations were reduced by 25%

So go out and buy a beautiful fern, a prayer plant, or a begonia today and feel better in your office!







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Protecting Your Children on the Internet

Submitted by Laurie Scott

Just as we try to protect our children from bullies and predators on the streets, as parents we need to be doing the same when it comes to the Internet. Before the internet much of our socialization was done on the telephone. We would talk on and on while our parents were telling us to get off the phone. But with the advent of the Internet has come online chat as well as popular social networking sites such as MySpace and FaceBook, which have provided a totally new way for kids to socialize but at the same time exposed them to a new world of dangers. There is no need however to panic, as there are steps you can take to greatly reduce any risks.

First, talk to your kids. There is no software or hardware that will better protect your children than you. Keep computers out of children's bedrooms and in a public area of the home. Kids should not be talking to people online that they don't know in person. They should enhancing existing relationships, not creating new ones online. Never should your child give out personal information such as a phone number, address, birthday, school, etc.

Netsmartz.org is a fabulous site run by the National Center for Missing and Exploited Children; they have lots of material for both parents and kids from K – High School. An excellent tool is their "Internet Safety Pledge" that you and your child can read together and sign as an agreement between you. For younger kids there are kidsafe web browsers such as "MyKidsBrowser" and "Kidzui". There are tools such as NetNanny and CyberSitter that can be installed on a computer to limit what programs can be run and what sites can be visited (be advised that clever teens seem to figure ways around them). OpenDNS is a free service that you can use to transparently control access for all computers in your home (though it does require a little technical knowledge to fully implement).

You tell your children not to talk to strangers and never get into a car with a stranger, using the same caution regarding strangers on the internet is a great first step in allowing your kids to enjoy the richness the Internet has to offer while minimizing the risks.

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FROM THE AMERICAN COUNCIL ON EXERCISE®

CAN EXERCISE REDUCE YOUR RISK OF CATCHING A COLD?

Sir William Osler, the famous Canadian medical doctor, once quipped, "There's with contempt." And for good reason. The average adult has two to three respiratory infections each year. That number jumps to six or seven for young children.

Whether or not you get sick with a cold after being exposed to a virus depends on many factors that affect your immune system. Old age, cigarette smoking, mental stress, poor nutrition and lack of sleep have all been associated with impaired immune function and increased risk of infection.

KEEPING THE IMMUNE SYSTEM IN GOOD SHAPE

Can regular exercise help keep your immune system in good shape? Researchers are just now supplying some answers to this new and exciting question. Fitness enthusiasts have frequently reported that they experience less sickness than their sedentary peers. For example, a survey conducted during the '80s revealed that 61 percent of 700 recreational runners reported fewer colds since they began running, while only 4 percent felt they had experienced more.

Further research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within a few hours.

In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

SHOULD YOU EXERCISE WHEN SICK?

Fitness enthusiasts and endurance athletes alike are often uncertain of whether they should exercise or rest when sick.



Although more research is needed, most sports medicine experts in this area recommend that if you have symptoms of a common cold with no fever (i.e., symptoms are above the neck), moderate exercise such as walking is probably safe. Intensive exercise should be postponed until a few days after the symptoms have gone away. However, if there are symptoms or signs of the flu (i.e., fever, extreme tiredness, muscle aches, swollen lymph glands), then at least two weeks should probably be allowed before you resume intensive training.

STAYING IN SHAPE TO EXERCISE

For athletes who are training intensely for competition, the following guidelines can help reduce their odds of getting sick.

- Eat a well-balanced diet. The immune system depends on many vitamins and minerals for optimal function. However, at this time, there is no good data to support supplementation beyond 100 percent of the Recommended Dietary Allowances.
- 2 Avoid rapid weight loss. Low-calorie diets, long-term fasting and rapid
- weight loss have been shown to impair immune function. Losing weight while training heavily is not good for the immune system.
- 3 Obtain adequate sleep. Major sleep disruption (e.g., three hours less than normal) has been linked to immune suppression.
- Avoid overtraining and chronic fatigue. Space vigorous workouts and race events as far apart as possible. Keep "within yourself" and don't push beyond your ability to recover.



Want To Take Years Off Your Age, Try Changing Your Hair.... Submitted by Michelle Lasher

If there is one thing people see every day when they look at our faces, it is our hair. The color, shine and texture of the hair can be a great gauge of how old a person is. As we age, our hair tends to loose that natural shine and flowing texturing. The natural hair body falls limp and we are left with a mess of unmanageable hair. But, that does not have to be the case...

Here are the top 3 changes that can take years off your real age: **Highlights = Younger Locks**

When highlights are placed in just the right spots on the head, they will frame the face and drop the years from how old you look. The key is to not overdue the highlights. The color should be just a few shades off the base and the highlights, soft and sun kissed. There is a difference between highlighting and chunking and your salon needs to know the difference.

When hair is heavy and falls around the face, it makes us look older. The lighter our hair feels, the lighter our spirits and the less drowning our hair will be. The salon should cut face framing layers into the style you have chosen. Even if the "picture" you are going for does not have layers, the addition of a few around the face will lighten the do and your age. Shine, shine, shine

Layer For A Younger Look

Young hair is shiny hair. That luster is one of the first things to disappear with age. But, you can regain that shine and naturally. A sweet smelling natural oil can be placed on the head for a few hours a week to moisture and revitalize. On a daily basis, stack the shine products for the best results. The shampoo, conditioner, gel, mousse and hairspray you use should all say they increase shine. Happy Uplifting Youthfulness!



Pumpkin Pie Recipe

Ingredients

1 can pumpkin	1 cup brown sugar
2 eggs, beaten	¹ / ₄ tsp. cloves
1 t. salt	¹ / ₂ tsp. ginger
2 t. cinnamon	¹ / ₂ tsp. allspice
1 can evaporated	1 milk

Directions

Combine and mix well. Pour into pie crust. Bake at 425° for 15 minutes; then 350° for about 45 minutes.

If you would like to submit YOUR recipe, email it to articles@peelinc.com.



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Crossword Puzzle												
1	2	3		4	5	6	7	8	9	ACROSS	DOWN	
										1. Expression of surprise	1. Where you were at crime time	
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										10. Cut	3. Pippin	ıge
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										18. Greek X	15. Food and Agriculture	
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										22. Telephone noise	19. Internal Revenue Service	ш
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00							07			36. Afire	30. Otherwise	*
										37. Ball holder	32. Farm credit administration (abbr.)	

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\$200 - 249,999	1	3	10	5	1	3
\$170 - 199,999	0	2	6	1	7	1
Under \$170,000	2	2	4	3	1	2
TOTAL	10	15	28	18	17	9
New Construction	4	6	6	7	7	2
Resales	6	9	23	11	10	7
Avg \$/Sq Ft	81.72	82.27	80.58	75.67	83.02	78.22
Avg Days on Mkt	107	104	103	66	88	59



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?

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

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