

Tips for Parents of Young Athletes

Ways to Enhance the Child's Experience and Yours!

Submitted by Elizabeth Mirabal

With a new year around the corner, many of us are working on creating our annual list of resolutions as well as preparing for another year of team sports with our children. Aside from less sweets and more exercise, parents may also want to consider a few goals to work toward as they participate in youth sports. Here are a few ideas to consider:

- **Talk to your child about his/her practices and games.** Guide your athlete as he/she discovers personal areas of success and skills that need improvement. You may say, "I'm proud of how fast you ran on the field. What are you most proud of today?"
- **Choose your role and stick to it.** Have you chosen to be a spectator and root for the teams? Did you volunteer to coach? Are you a game official? All are necessary in maintaining a positive environment for children. When compelled to switch roles, remind yourself of the role you've chosen. If you're a spectator, refrain from shouting out a call or play. If you're a coach, take the lead in ensuring young athletes are demonstrating good sportsmanship-like behavior at all times. As an official, recognize that you are the final frontier when it comes to game rules and team conduct. When all groups work together, the results provide for a supportive and educational experience.
- **Be emotional! Laugh! Cheer! Smile!** Fun isn't only for kids! Feel free to holler and liven up the environment! There may be times, however, when you believe an unjust call was made or a rule is not being adhered to. Suddenly, your emotions are all but requiring laughter. Reduce the possibility of an outburst by taking a few deep breaths, counting to ten, or by taking a walk to the parking lot. Then, find an appropriate time and place to address your concerns

with a league official. Statistics show that 28% of young athletes saw their parents yelling at or arguing with coaches and 31% saw parents arguing with officials (Trends & Tundes, HarrisInteractive, Volume 3, Issue 8, August 2004). That is one statistic you want to steer clear from!

- **Focus on FUN and not winning.** Help children develop self-esteem through their personal improvements and not a game win. Rather than asking, "Did your team win?" Why not ask, "Did you do your best? What did you learn today? Did you have fun?" Emphasize that his/her improvement was related to hard work at practice and listening to the coach. Therefore, the child learns to define individual success as a result of his/her own effort. This turns the focus away from an aspect he/she cannot fully control; the entire team's win/loss record.

- **Ensure your fueling your child's engine with the "Good Stuff":** It has happened to many of us. We ask our child to pick a snack to eat before a game and he/she runs out of the house with cookies. While the cookies may provide a quick burst of energy, it'll remain just that: a burst (that fizzles out quickly). Why not make a brief list of nutritional snacks your child can choose from THEN allow him/her to choose from there. Your options may include: a banana and milk, apple slices and cheese, or an ol' fashioned PB & J sandwich on whole-grain bread. This way, you've ensured your athlete chooses wisely and he/she maintains his ability to make the final choice. A win-win situation! Don't forget to rehydrate during practice and games with plenty of water! Frequent small sips of water are more

beneficial than gulping down a bottle of water at half-time which may lead to stomach discomfort.



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
-----------------------------	--------------

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

At no time will any source be allowed to use the Summerwood Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Summerwood Newsletter is exclusively for the private use of Peel Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

LAKEWOOD CRUSADERS

New Beginnings Bible Study

Every 3rd Friday

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

281-436-0779

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.

Explore_{summer}

Call or visit primroseschools.com to learn more about our summer camp programs. Also, ask about our year-round child care programs for infants through private kindergarten and after school.



Primrose Schools

The Leader in Educational Child Care®
www.primroseschools.com

Primrose School at Summerwood

14002 West Lake Houston Parkway | Summerwood, TX 77044

281.454.6000

Now Enrolling!



Each Primrose School is privately owned and operated. Primrose Schools and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company. ©2008 PSFC. All rights reserved.



TRACY MONTGOMERY
tracy@tracysoldit.com
Mobile: (713) 825-5905



Making Dreams Come True....One home At A Time!

Website: www.tracysoldit.com

HAPPY HOLIDAYS! I'd like to take this opportunity to thank you for your business and for allowing me to assist with your real estate needs. I wish you and your family Joy, Love and Peace this holiday season.



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.

Accessibility and good follow-through – 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.



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

Copyright © 2008

Health & 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.

Household Tips

Paper or plastic? Neither, thank you. Today's eco-savvy consumers are shunning both in favor of BYOB – bring your own (reusable) bag.

There are many different types and styles of reusable bags available today, but they all have one thing in common: They're meant to save trees, oil and the Earth.

More than a trillion plastic bags are used worldwide every year-100 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!





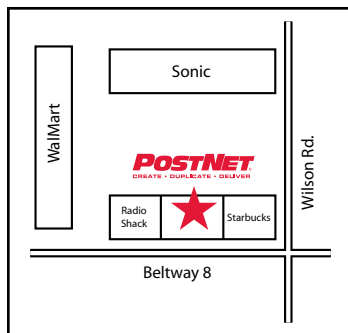
**If Santa shipped
at PostNet...**

**...he'd be doing yoga on
the beach right now.**

THINK LOCAL—Shop at PostNet.
Each PostNet Center is independently owned and operated.
Services may vary. Contact store for details.

Ship Early & Save with PostNet!

POSTNET®
CREATE • DUPLICATE • DELIVER



Store Hours: Mon-Fri 8:30am-6:30pm, Sat 9am-2pm

BELTWAY 8 & WILSON RD

4830 Wilson Road, Ste 300 • Humble, TX 77396

Tel: 281-441-7638 Email: TX203@postnet.com



**Great Savings,
Just For You
this Holiday
Season!**

**15% OFF
Shipping**

Offer Ends:12/31/08

**20% OFF
Packaging Supplies
& Expert Packaging
Services**

Offer Ends:12/31/08

**4¢ B&W or
39¢ Color
Copies**

Offer Ends:12/31/08

The Miracle Cure....

Submitted by Dr. Tenesha Weine

WATER. It's not fish oils, not calcium or magnesium, not even vitamin D...but Water. Water is the single most important nutrient in your body. So simple, yet so many of us are dehydrated. Your body loses about two quarts of water a day through perspiration, urination and exhalation. It is important for our bodies that we replenish this.

Water is needed and involved in every function of our body:

- Muscles are about 75% water
- Brain Cells are 85% water
- Blood contains 82% water
- Even your bones are 25% water

By depriving your body of water, your organs and cells can not function to their highest capacity. Water is essential for cell life and existence. You can live five to seven weeks without food but no more than 5 days without water.

Major signs you are dehydrated:

- **Joint and Arthritis Pain** - water is a main lubricant in the joint spaces.
- **Digestion Issues** - water helps keep digestive juices in the GI tract

supplied in order to create the acids it needs to prevent ulcers, gastric reflux, and constipation, and heart burn.

- **High Blood Pressure** - when the body is dehydrated it can restrict the flow of blood to non vital organs and only concentrate on vital organs.
- **Asthma** - bronchial tubes need adequate hydration to prevent constriction
- **Poor Memory** - Synapses in the brain slow down without adequate hydration.
- **Weight Management** - When you are dehydrated your body releases a hormone, aldosterone, which causes water retention.

If you are suffering from any of the above Conditions or Symptoms instead of reaching for a big gulp, star bucks, or any of the other unnatural beverages we consume.... try drinking more natural clean water. Gradually increase the amount of water you drink each day and these symptoms may start to subside.

So, how much water do you need to drink??

Take your body weight in pounds and divide it by two.

This is the number in ounces that you should drink per day.

_____ Weight / 2 = _____ ounces per day

En-Touch Systems *Technology for Today's Home*

- ♦ High Speed Internet
- ♦ Digital Cable Television
- ♦ Alarm Monitoring
- ♦ Local & Long Distance Telephone
- ♦ Home Integration & Networking

Communities We Serve:

Aliana	Lone Oak
Berkshire	RiverPark West
BlackHorse Ranch	Riverstone
Cinco Ranch SW	Seven Meadows
Coles Crossing	Sienna Plantation
Cypress Creek Lakes	Stablegate
Cypress Creek Ranch	Sterling Lakes
Discovery at Spring Trails	Summerwood
Gleannloch Farms	Telfair
Grayson Lakes	Westgate
Long Meadow Farms	Westheimer Lakes
Lakes of Williams Ranch	



Get it All as low as
\$90 a month!

Sign Up Today!
281.225.1000
www.entouch.net



Serving Houston Communities since 1996

* Taxes, regulatory fees and equipment charges not included. Alarm License #B10029. Restrictions may apply.

The Green Corner Green the Holidays, Part Two

Submitted by: Sheri Hicks

Last month, I focused on how to green up the Thanksgiving holiday. This month, in Green the Holidays, Part Two, I will focus on greening up Christmas. Christmas is a wonderful time, full of joy, celebration, remembrance, love and family. But it is also a stressful time full of consumption, overindulging and debt. I have a few suggestions that might take a bit of the stress and, in these hard economic times, debt from your shoulders so you can enjoy the holiday season for what it means to you and your family.

This year, instead of buying any roll of gift wrap, look for reusable bags or paper made from 100% post-consumer recycled products. My own family has passed around the same gift bags for the last five years!

Make your own Christmas Cards by enlisting your kids. Kids create the most

amazing drawings with just a few crayons and card stock.

Make your own holiday ornaments. You can find recipes and instructions online for almost any kind of ornament from homemade cookie ornaments to origami. One of the prettiest trees I have ever seen was decorated almost exclusively with origami cranes.

If you have to buy lights, go LED. LED lights save up to 90% on energy consumption. The colors aren't quite as true as traditional lights, but with that kind of energy savings I am willing to adjust!

Give the gift of experience. Research has shown that people are far happier with experience than an object. In a study conducted by the University of Colorado at Boulder, researchers concluded that people tend to internalize their feelings during an experience and that is just not possible with

an object. That could explain how so much stuff ends up in our garages! If you know a wine lover, give them a gift of wine of the month club or a tour of a local vineyard and winery with a nice bottle of wine. If you know a golfer, give them green fees for a local course. My own family loves to travel and this year, our gift to our nine year old, is to travel to New York City for Christmas. He is excitedly anticipating ice skating in Rockefeller Center, visiting Macy's Santa land, seeing the Rockettes Christmas Spectacular, walking through Central Park, visiting the Natural History Museum and riding the subway. Of course he will get a few small gifts to open on Christmas morning but when those toys are discarded for the next "big" thing, he will still have his memories of his trip to NYC.



SparkPowerBank
www.sparkpowerbank.com

By Spark Energy

**SIGN-UP ONLINE
TODAY!**

We Challenge What You Pay For Electricity!

If SparkPowerBank isn't your current electricity provider...chances are you're paying too much!



I'm Texas Energy Analyst Alan Lammey. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore! **Stop it.**

Why pay more than you have to? Those days are over!

Why would you want to go with an electric provider that charges you more, when you can go to www.sparkpowerbank.com and pay far less for the same electricity?

Make sense?

Please choose "Newsletter Ad" as your referral on the SparkPowerBank.com website.

Recipe of the Month:



Hot Christmas Punch

Ingredients

- 3 Cups water
- 3/4 tsp. salt
- 1 Tall can pineapple juice
- 1 large jar cranberry juice
- 6 sticks cinnamon, broken
- 3 T whole cloves
- 1 Cup brown sugar

Directions

Dissolve sugar in water and pour in percolator. Add juices. Place cinnamon sticks, cloves, and salt in basket. Percolate.

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

NAILS & TAN 4 U

Complete Professional Beauty Services

Nails • Waxing • Facials • Tanning
Eyelash Extension • Permanent Makeup

Instant Gift Certificate available online



Bare Escentuals
10% OFF

Not to be used with any other offer. Exp. 11/30/08

\$5 OFF Solar Full Set
\$5 OFF Deluxe Pedicure
\$5 OFF Facial

Not to be used with any other offer. Exp. 11/30/08

-Appt. or Walk-ins Welcome
-Gift Card Available

OPEN: Mon-Fri 9-7 • Sat 9-6 • Sun 12-5

13175 W Lake Houston Pkwy • Houston, TX 77044
(The Shops at Summerwood)

281-225-4535
nailsntan4u.com



Going Green Hair Care Tips

Submitted by Michelle Lasher

With the whole world turning to green energy and green products, there is little being said on taking care of one's hair on the green. Many people do not think about what changes can be made to help turn show time into green energy and energy consumption time, although it can be done.

1. Limit the time in the shower- The amount of hot water being used is decreased as well as energy. This helps the environment because water usage is down, gas usage is down, and energy is being conserved.
2. Wash your hair once every other day- If you ask a hair care professional how often to wash one's hair, he or she will often say once every other day or every two days. This gives one's hair more time to recover the natural oils that were stripped away during the washing process. This leads to softer, more manageable hair that has a very soft feel.
3. Rinse with cold water- By rinsing with cold water, the gas consumption is decreased. This in turn decreases the amount of pollution in the air and provides for a greener world. Need another reason to turn off the heat? The cold air helps to close the pores in the skin and the follicles in the hair. This leads to fewer pimples and shinier and softer hair.
4. Buy the bigger bottles- Although large bottles of shampoo tend to have more plastic in them, they also have more shampoo in them and cost less than the smaller bottles. Because the larger bottles have more shampoo in them, it is possible to use less plastic in the end because fewer bottles of shampoo will be purchased.
5. Use products that use recycled bottles!

Rachael's



**New Location
in the front of
Kingwood!**

724 KINGWOOD DRIVE
IN THE RANDALL'S CENTER

724 Kingwood Drive (formerly Ann's Hallmark)
Kingwood, Texas 77339 • (281) 358-2612

7571 FM 1960 E • Humble, Texas • (281) 812-6400



**Tutoring in Reading, Writing,
and Comprehension**

Jan Blackwell

14 years of Teaching Experience

Certified Reading Specialist and Elementary Education Teacher
Flexible hours. Available Monday through Friday - Days and Evenings
One-on-one or small group (2 to 3 people). Discounts for Groups.



Expand your World
by Reading Books

Objectives:

- Learn to enjoy reading
- Improve reading skills
- Comprehend what you read
- Write about what you read
- Remember what you read
- Expand your world by reading books

Contact for details:

- Schedule date and time
- Fee
- Meeting place and directions
- Materials will be supplied

Phone 281-454-7041
jan.ith@hotmail.com

Who knows the neighborhood better than a NEIGHBOR?



	Jul 08	Aug 08	Sep 08	Aug 08	Sep 08	Oct 08
\$300,000+	3	7	2	7	2	2
\$250 - 299,999	6	1	1	1	1	1
\$200 - 249,999	5	1	3	1	3	3
\$170 - 199,999	1	7	1	7	1	1
Under \$170,000	3	1	2	7	2	0
TOTAL	18	17	9	17	9	7
New Construction	7	7	2	7	2	2
Resales	11	10	7	10	7	5
Avg \$/Sq Ft	75.67	83.02	78.22	83.02	78.22	78.12
Avg Days on Mkt	66	88	59	88	59	77



Shalene Fox
Summerwood Resident
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.

Direct: 832-338-8586 • Email: sfox16@entouch.net

* All figures based off MLS data 11/7/08 **For communities 2500 acres

Peel, Inc.

311 Ranch Road 620 S. Ste 200
Lakeway, Texas 78734-4775

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

☎ Voice 512-263-9181

🌐 www.PEELinc.com

SW