



"Einstien"



REWARD

Lost famliy dog who needs medication! Please help us! Answers to "Einstien"!

Einstein's owners are Ron and Molly Brown of 15015 Summer Knoll Lane. Their home number is 281-225-2655. Ron's cell is 281-799-6408. Molly's cell is 281-773-9749. Please call with any news, sightings or information you might have about our lost pet. Thank you very much!

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"No act of kindness, no matter how small, is ever wasted" – Aesop

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SUMMERWOOD

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Houston Fire Station #105 14014 Lake Houston Pkwy
.....Houston, Texas 77044
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

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CenterPoint..... 713-659-2111
Reliant Energy..... 713-207-7777
Municipal Utility District (MUD #342) 713-983-3602
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Advertising.....advertising@PEELinc.com, 888-687-6444

Submission Information

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 8th of the month.)

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Health & Safety

The holiday season is here . . .and with the holidays comes decorating! The following tips and suggestions will help ensure safety as you get in the holiday spirit.

- Decorate only with lights that have a NOEL or U/L testing agency label. Check wires, plugs and sockets for signs of wear or defects. Remember: If in doubt - throw them out.
- Do not overload outlets and extension cords. Never tie together more than three extension cords.
- Be sure decorative lights used outside are approved for outdoor use.
- When decorating outdoors, be aware of all power lines. Don't work near overhead power lines or anywhere there is a possibility of contacting an overhead power line, either directly or indirectly, with a ladder or other piece of equipment.
- Place Christmas trees away from fireplaces, radiators, television sets, and other sources of heat that may prematurely dry out the tree and make it more susceptible to fire. Make sure the tree has a sufficient amount of water at all times.
- Don't burn wrapping paper or boxes in the fireplace. These types of materials ignite quickly and may burn uncontrollably.



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Helpful Hints

Along with holiday parties come holiday spills, creating stains that can be tough to remove. Here are a few general tips to help you survive the stain-prone holiday celebrations.



- **Treat stains promptly** – a fresh stain is much easier to remove than one over a day old.
- **React quickly** – blot up staining liquid immediately with a white towel or paper towel, and remove any excess solids with a putty knife or spatula.
- **Test first** – before applying a stain remover, test the agent on a hidden or inconspicuous area to ensure that it does not damage the fabric.
- **Work from the back** – place stain face down on a clean white cloth and apply treatment to the back of the stain.
- **Use a gentle touch** – excessive or harsh rubbing can spread the stain and damage the fabric.
- **Exercise patience** – repeat treatments may be required for stain removal. Caution: do not dry the article until stain is completely gone; drying will permanently set the stain.

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

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SUMMERWOOD

Staying Fit through the Winter Months

Wow! The days are shorter, and the weather is colder. Winter is here once again. Luckily Texas winters, especially in Austin, only a few months. Nevertheless, winter can wreak havoc on fitness regimes for two reasons. Many individuals experience SAD (Seasonal Affective Disorder), which is winter blues or depression that occurs in people with normal mental health. It's due to the lack of sun light. According to the Mayo clinic, SAD can be treated with light therapy or antidepressants. If you think you might be suffering Seasonal Affective Disorder, talk to your doctor.

Second, many of us tend to hibernate in our homes in the

winter. Sitting at home in front of the fireplace with a warm blanket and drinking hot chocolate or tea or eating warm soup is more pleasing than going out and exercising in the cold or going to the gym after work when it's already dark out. This makes it feel later than it is, when in reality it's only 5 or 6 o'clock. Need not to worry though; here are some fitness tips that will keep you going until spring arrives again.

1. WARM UP AND DRINK PLENTY OF WATER.

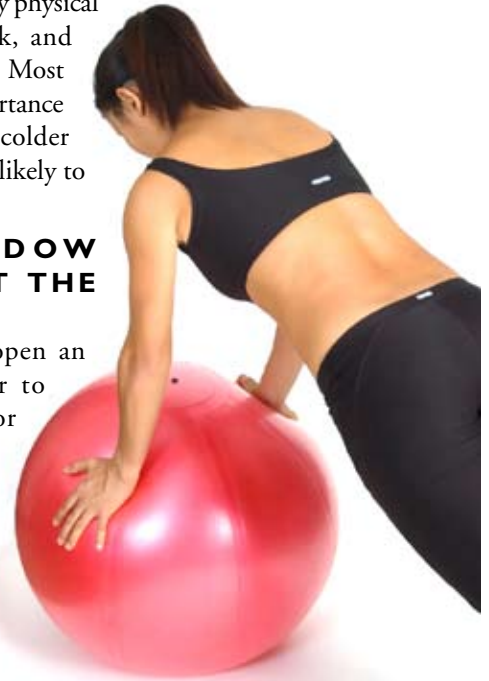
A proper warm-up is critical because cold temperatures can make your muscles tight and therefore more prone to injuries. Remember, always warm-up

prior to engaging in any physical activity. Drink, drink, and drink plenty of water. Most people forget the importance of water during the colder months and are more likely to become dehydrated.

2. GO WINDOW SHOPPING AT THE LOCAL MALL!

Most local mall(s) open an hour early in order to provide a safe indoor walking haven during the winter months. If you can't make it in morning, take your sneakers with you and go right after work. Three

(Continued on Page 5)



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Staying Fit- (Continued from Page 4)

or four times a week will help keep the pounds off.

3. REMEMBER THOSE EXERCISE VIDEOS.

Just about everyone has had one. Wipe the dust off your exercise video and use it on the days you can't exercise outdoors because of the darkness. If you don't have an exercise video, check one out at your local library and/or video rental stores. Also, some cable networks have exercise channels on-demand for no charge, so look at your channel menu.

4. CREATE A HOME GYM.

Most people have a home gym without realizing it. Check your garage, under the bed, storage room, and closet. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. If you don't any of these items, you can purchase most of these items at a local athletic supplier or discounted resale store for about \$50 to \$60.

There's no need to hit the couch or hibernate during the winter months. Stay motivated. With a little knowledge and motivation, anyone can meet the challenges of winter exercise. Have a fun, safe and a physically active winter.

- VALERIE SALINAS

Recipe of the Month

Ham Roll-Ups

Ingredients

- Flour tortillas
- 8 oz. Philadelphia cream cheese (softened)
- 1 small can Hormel canned ham
- Picante sauce

Directions

Mix the cream cheese, ham, and picante sauce together. Spread on tortillas and roll up. Refrigerate several hours, then slice.



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

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SUMMERWOOD

Tips for Teaching Children about Table Manners

Submitted by Rebecca Beavers

Teaching your children table manners may sound old fashioned, but it never goes out of style. Having good manners shows your respect for other people, and it's more than saying "please" and "thank you." It's about helping your children develop habits and behaviors that will help them relate to adults and other children in a positive way. "To make your family mealtime time special and relaxing, slow down, sit and talk with your children and expect good behavior. You will be pleasantly surprised at how much easier and enjoyable it will become," said Dr. Mary Zurn, vice president of education for Primrose Schools. "This is important because children with good manners often find it easier to make friends and get along with others at school and at home."

Dr. Zurn offers five table manners tips to get parents started:

1. Start early: Don't wait until you think your child is "old enough" to learn polite behavior. Just as children learn to crawl before they learn to walk, they also learn manners in stages. Even infants watch parents for rules of expected behavior. Very young children can learn to sign key phrases such as "please" or "thank you" and then transition to the spoken words around age two. By age three, children should be able to stay seated at mealtime if you sit down with them.
2. Give specific feedback: Children learn best when they receive specific feedback about their behavior which is far more effective than generic praise. For example, instead of saying, "Good job," you can say, "I'm so glad you set the table."
3. Encourage polite conversation: Children as young as two can learn to engage in polite conversation at the dinner table with the right kind of guidance. As you are at the table eating together, show them how to take turns listening, talking, and asking questions.
4. Set a good example: Make sure your words and actions match. Children watch parents all the time for behavior clues. For example, if you want your child to eat broccoli because it's a healthy food choice, you will need to let them see you enjoy eating it as well.
5. Create a routine: Children learn best from consistency because it helps them know what to expect. Start with the repetition of a few simple steps such as putting a napkin in your lap when you sit down. Create a routine that is easy for them to repeat and remember. For more tips from Dr. Zurn and a list of book suggestions on teaching your children table manners, visit www.Dr.ZandMe.com.

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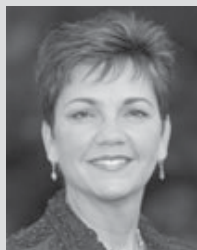
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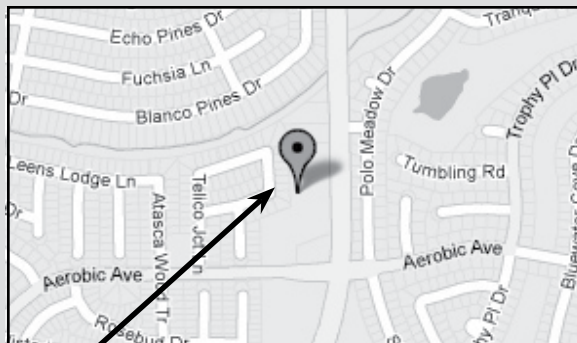


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SUMMERWOOD

BRITT'S BOOK BUZZ

Same Kind of Different as Me by Ron Hall and Denver Moore

At the core of *Same Kind of Different as Me*, a true story written by Ron Hall and Denver Moore, are the relationships that Ron and Denver have with each other, their friends, Ron's spouse and children, nature, the environment in which they were raised (especially Denver) and most importantly, God.

Denver, an illiterate and homeless African American man from Louisiana has suffered at the hands of many throughout his life but through it all become a true messenger for God. The book begins with Denver recounting his heartbreaking life—from the back breaking work of picking cotton to seeing the people he loved most in the world disappear. The book so graphically reveals the gut wrenching life of a boy who wants for almost nothing, but is treated terribly.

Ron is a self-made millionaire whose heart was open to being guided by God, at the hands of his wife Deborah. Deborah—a person so filled with faith—heard God speak to her and conveyed these very specific and detailed visions to Ron (including seeing Denver's face even though they had not met him yet) and together, they became an integral part of a community of homeless people in Fort Worth, Texas. And this is where Ron's and Denver's lives intersected and forever changed.

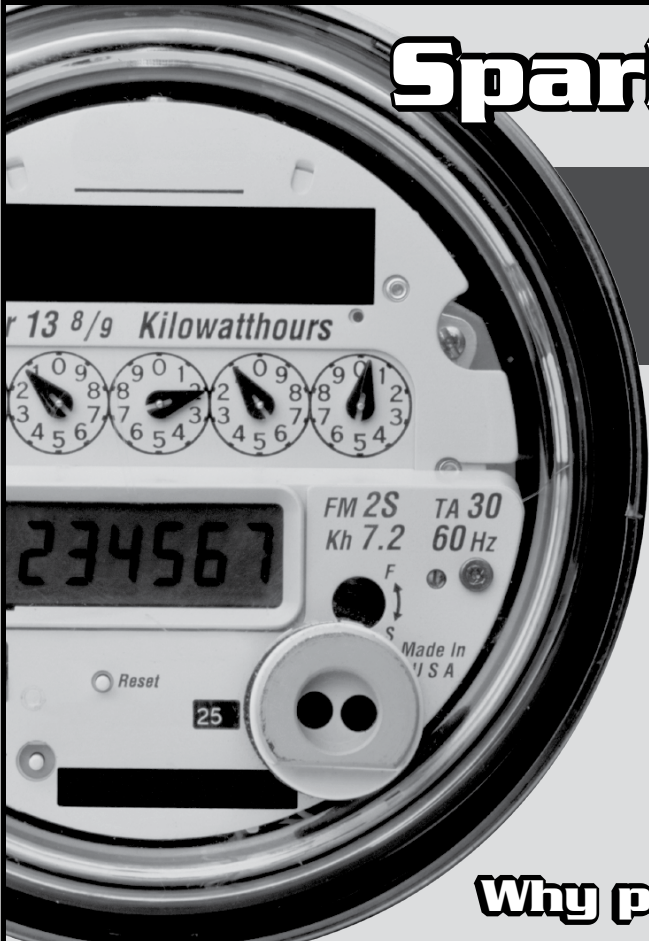
The writing is relatable and each personality (the book alternates between Ron's and Denver's voices) is clearly unique and endearing. For example Ron, who worked on this grandpa's farm during summers writes of the land, "...the land is miserable, cursed with soil that may well be the original inspiration for cement."

The book addresses a question that all of us have asked, "Why did God let that happen?" It challenges faith in a very personal way. The book also encourages each of us to believe that God has a purpose for us, even if it isn't clear at this moment.

Same Kind of Different as Me demonstrates that the human spirit is fragile while at the same time immensely strong. It shows how trust, prayer and unconditional love can bring out amazing change and a life long friendship.

The book ended with a wonderful reminder, "...everybody's different...We're all just regular folks walkin down the road God done set in front of us...this earth ain't no final restin' place. So in a way, we is all homeless—just workin our way toward home."

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog: <http://brittsbuzz.blogspot.com>.



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

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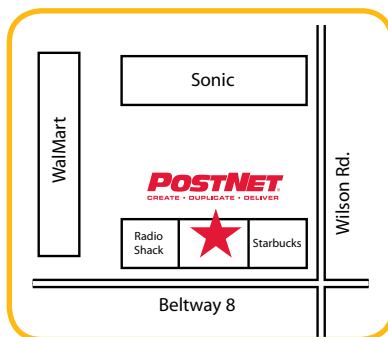
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Immediately after Halloween, people begin to focus on holiday shopping, decorating, baking and parties, parties, parties! Between office parties, happy hours, school functions for the kids, in-store food samples and large family gatherings, it is not surprising that the average American gains anywhere from two to seven pounds (or more!) between Thanksgiving and New Years!

This year, you don't have to wait until you make your 2010 New Year's resolutions to make some changes.

HERE ARE SOME HELPFUL TIPS TO HELP YOU AVOID PACKING ON THE POUNDS THIS HOLIDAY SEASON:

- You don't have to go to every party or dinner!
- Don't show up to a party hungry
- Size up the buffet before you grab a plate
- Decide what you really want to eat ahead of time
- Limit yourself to one trip to the buffet
- Fill your plate three-quarters full with fruits and veggies first
- Limit your alcohol intake
- Don't stand near the buffet table
- Eat with your non-dominant hand
- Chew gum when not eating
- Dance, talk and socialize—it's not all about the food!

The small appetizers typically served at parties are packed with a lot of calories.

HERE ARE SOME EXAMPLES OF POPULAR PARTY FOODS, THE AMOUNT OF CALORIES THEY CONTAIN, AND HOW MUCH ACTIVITY WOULD BE NEEDED TO BURN OFF THOSE CALORIES:

- Two hot chicken wings with two tablespoons of blue cheese dressing contain 550 calories, and it would

take a 150 pound person over two hours of vigorous housework to work off those calories.

- One-half of a cup of mixed nuts contains 400 calories, and it would take a 150 pound person over one-and-a-half hours of walking to burn off those calories.
- One ounce of cheese served with one ounce of crackers contains 225 calories and it would take a 150 pound person almost 45 minutes of fast dancing to burn off those calories.

THERE ARE SOME HEALTHIER OPTIONS THAT YOU SHOULD CHOOSE OR SERVE ON A BUFFET LINE AT YOUR NEXT HOLIDAY PARTY:

- Boiled shrimp with cocktail sauce
- Bruschetta (tomato appetizer served with small pieces of toasted bread)
- Rather than the standard carrot and celery sticks, try an Asian theme with baby corn, snow peas and red pepper slices served with low-fat sesame or ginger dressing.
- Another option is to replace the standard chips and salsa with a mix of corn, black beans and salsa scooped inside of a bell pepper half.
- For a tasty dessert, make an eggnog flavored dip to serve with fruit, angel food cake or small gingerbread cookies.

In addition to choosing healthier options, try to eat normally throughout the day. Don't try to starve yourself to "save up" calories before a party or dinner. Also, be sure to exercise regularly and get enough sleep. Most importantly, put the emphasis on spending time with family and friends, not on the food!

Thinking of giving cookies, fudge or a box of chocolates as a holiday gift? This year, try to give your family, friends and co-workers a healthier gift, such as a cookbook with quick and healthy recipes, sign them up for a cooking class or fill a recipe box with some of your own healthy recipes. You can also give gifts that encourage outdoor activity. Purchase pedometers, compasses or other gear that will encourage those you care about to be outside and active, they'll thank you later! - **Tarie Beldin**



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- Alzheimer's care is not what we do, it's ALL we do
- 100% focus is memory care to provide THE BEST care
- Licensed specifically for Alzheimer's/dementia care

Simple

- Limited to 16 private rooms
- One monthly price, no worries about levels of care

Our purpose is to honor our residents and those who love and care for them.

Atascocita Lic. # 104020 Katy Lic. #102463	Champions Lic. #103059 Kingwood License pending	Copperfield/CyFair Lic. #102347 Pearland Lic. #104029	Heights License pending The Woodlands Lic. #103125
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Call 832-349-5735 or 713-870-1393 www.AutumnGroveCottage.com



Peel, Inc.
COMMUNITY NEWSLETTERS

512-263-9181

www.PEELinc.com



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at
Peel, Inc. - Kids Club
311 Ranch Road 620 S, Suite 200
Lakeway, TX 78734

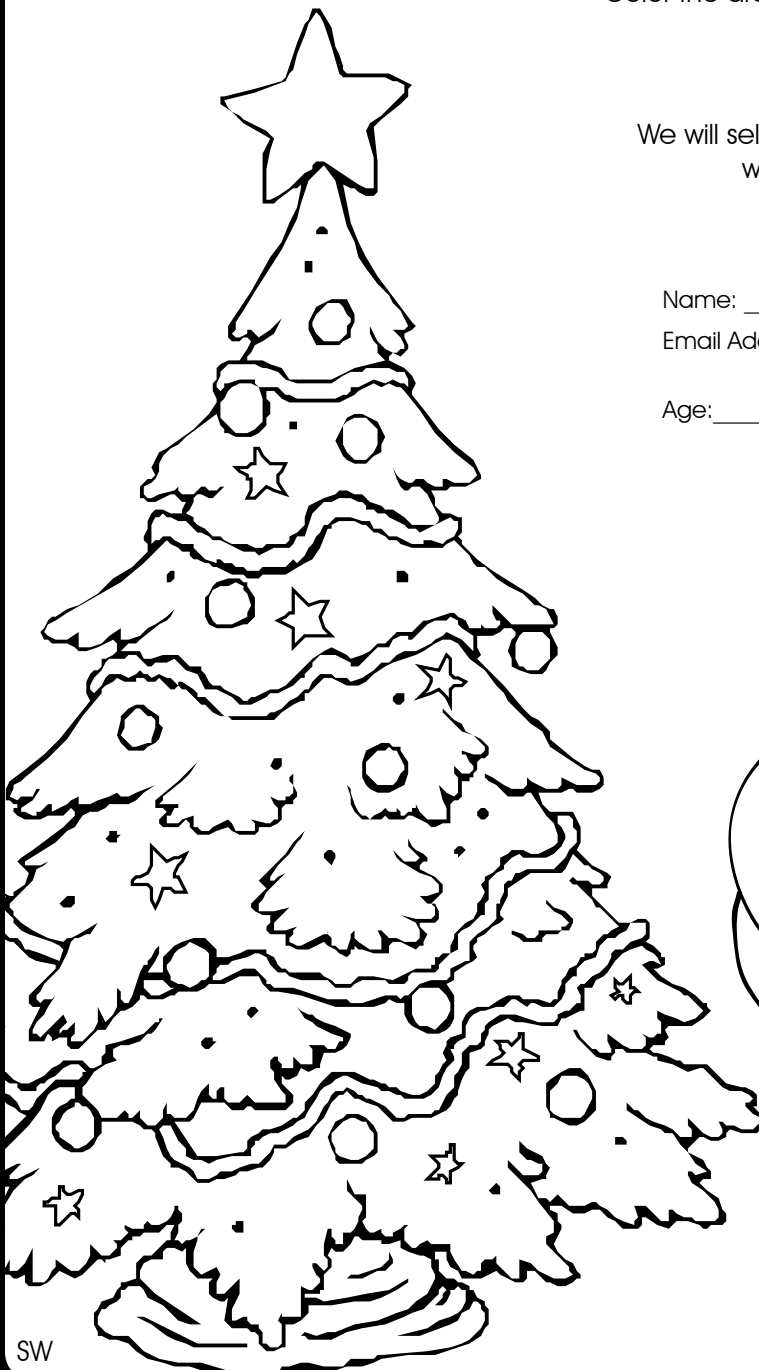
We will select the top few and post their artwork online at
www.PEELinc.com. DUE: December 31st

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

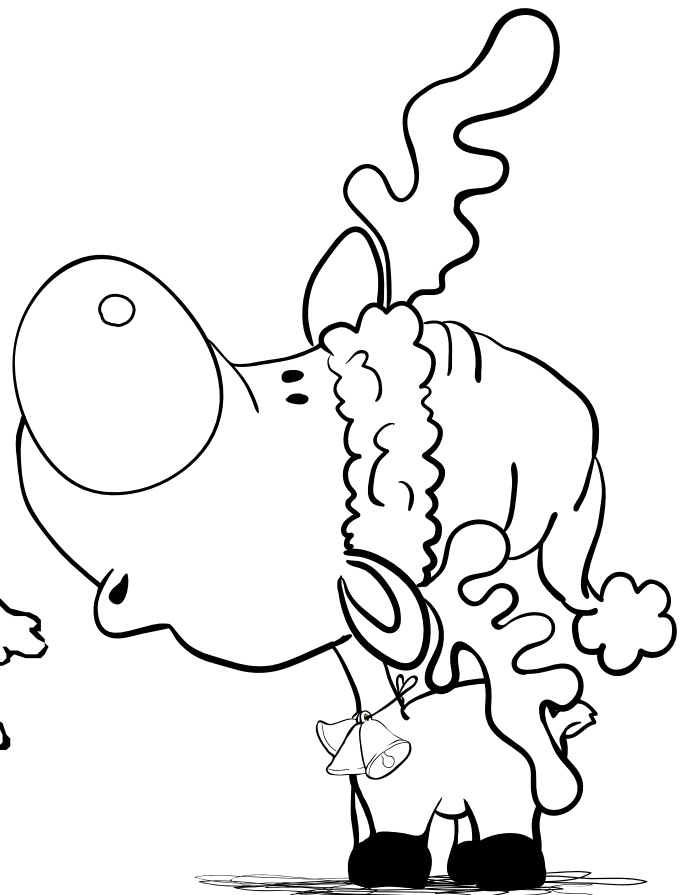
Name: _____

Email Address: _____
(first name, last initial)

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



SW



Who knows the neighborhood better than a NEIGHBOR?



	May 09	June 09	July 09	Aug 09	Sept 09	Oct 09
\$300,000+	0	2	2	2	3	4
\$250 - 299,999	1	2	3	2	1	4
\$200 - 249,999	4	6	0	4	2	5
\$170 - 199,999	4	4	3	4	4	4
Under \$170,000	3	3	4	5	1	1
TOTAL	12	17	12	17	11	18
New Construction	2	5	2	3	1	4
Resales	10	12	10	14	10	14
Avg \$/Sq Ft	78.81	76.60	77.50	76.14	75.32	79.51
Avg Days on Mkt	68	100	80	83	113	96



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 11/10/09 **For communities 2500 acres