

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

Congratulations Winners!

October 2010 Yard of the Month

Submitted by: Celine Wilson



Lillian Williams of Hartshill Drive

The Beautification Committee would like to congratulate the October 2010 Summerwood Yard of the Month Winners!

Lillian Williams of Hartshill Drive Ronald & Shirley Stedman of Hunter's Lake Way

Both Winners will have a "Yard of the Month" sign displayed in their yard for the month of July. Each winner will also receive



Ronald & Shirley Stedman of Hunter's Lake Way

a \$50 gift card to Lowe's!

Summerwood is full of homeowners who take pride in their yards! Would you like to nominate one of them? Send us an email at summerwood.newsletter@gmail.com!

We look forward to hearing from you!

The Summerwood Beautification Committee



IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency Situations	911
Harris County Sheriff's Dept. (Dispatch)	713-221-6000
Constable - Precinct 3	281-427-4791
Houston Fire Station #10514014 W. I	ake Houston Pkwy
Но	uston, Texas 77044
South Lake Houston EMS (Dispatch)	281-459-1277
Dead Animal Pick-Up (Precinct 1)	
Animal Control	281-999-3191
After Hours	281-221-5000

UTILITY SERVICE NUMBERS

Public Utility Commission Consumer Hotlin	ne888-782-8477
Entouch Systems	
(Telephone, Cable, Alarm Monitoring)	
AT&T	800-288-2020
CenterPoint	713-659-2111
Reliant Energy	713-207-7777
South West Water Company (MUD #342,	, #344, and #361)
Customer Service	713-405-1750
Garbage Pick-Up (Republic Waste)	281-446-2030
(Pick up on Mon. & Thurs - Garbage mus	st be out by 7 a.m.)

SUMMERWOOD MARKETING

SCHOOLS

Summerwood Elementary	281-641-3000
POST OFFICE	
Post Office	713-631-2098
9604 Mesa Drive; Houston, TX 77078	

NEWSLETTER INFO

EDITOR

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CRIME WATCH ARTICLE

Submitted by David Myrick, CWC Chairman

WHAT: Summerwood National Night Out WHEN: Tuesday, October 5, 2010 6-8:30 pm WHERE: Club Summerwood, 16136 Hunters Lake Way Sponsored by your Summerwood Crime Watch Committee

The Summerwood Crime Watch Committee is actively involved in community events that strengthen the community through increased awareness and through personal contact. As such, the use of block captains is crucial to our success. The Crime Watch Committee is also responsible for planning the 2010 National Night Out event for Summerwood and this year's event includes many fun activities for the whole family. Snow cones, popcorn, snacks and treats will be available and our newest community partner H E B will be on location grilling hamburgers for purchase. There will be bounce houses, slides, a trackless train, child identification kits and more. As usual, there will be continual drawings throughout the evening for prizes. New this year, winners need not be present to win. Just make sure you register at the event when you get there and if you should have to leave, the CWC will contact you at a later time, but we sure hope you can stay.

We also want to encourage you to get involved with the CWC and attend one of our monthly meetings, held the second Tuesday of every month. We hope to see you soon.

Lastly, I would like to leave you with one final thought. I'd like to give you some idea of how crime watch groups can help prevent crime. The following stories are true.

- From Biscayne Park: It all started with a 911 call to the police and a text message to Crime Watch. About 9:30 a.m. on a Friday in early May, a resident sensed something was amiss when there was a knock on the door asking for someone that didn't live there.
- The adolescent visitors appeared to be looking in the car parked in the driveway and the resident observed as they left they appeared to be looking intently at the neighbor's house.

As a result of the 911 call, an officer located one of the adolescents in the village, interviewed him and took down his contact info.

The officer was satisfied with his interview and moved on. The youth turned out to be the lookout.

(Continued from Page 4)



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The leaves are changing color and the air is getting brisk – autumn is definitely here! If you would like a free market evaluation of your home, give me a call. Have a spooky (but safe) Halloween!

A s a Real Estate Professional, I know the stress that a home system or appliance breakdown can create for a home seller during the listing period or for the buyer after close of sale. Fortunately, you can prevent that stress with a home warranty plan that provides coverage for both the seller and the buyer!

A home warranty plan is a service contract that protects your home's major systems and appliances for a specified period of time. Should a failure occur during the term of the Plan, a qualified contractor is dispatched to repair or replace the covered item for a nominal service call fee. Help is only a phone call away, 24 hours a day, 365 days a year!

For complete peace of mind, I recommend an Old Republic Home Protection Plan for all of my clients. Call me today for more information on how a home warranty can benefit you.

A n outstanding customer experience – it's the number one goal on every sales professional's list. If you know anyone who is selling or buying a home, please refer him or her to me and I will provide your referral with the service difference my clients have come to expect from me!

Foods to Eat for a Stronger, Healthier Heart

ou can improve your heart's function simply by eating heart-healthy foods – and the best news is that many are foods you love to eat anyway. Now you can "take heart" that they are not only enjoyable, but they're also good for you!

Heart-healthy Foods:

Blueberries – Sweet and plump, these gems are at the top of the list of nature's antioxidants, which are natural ingredients that neutralize harmful substances that contribute to heart disease. They also help prevent blood clots. **Nuts** – Almonds, walnuts, macadamias, and hazelnuts are high in monounsaturated fat, which works to lower "bad" cholesterol levels. Additionally, they are rich in vitamin E – a powerful antioxidant—and in the amino acid arginine, which helps keep artery walls strong.

Avocados – High in the "good" monounsaturated fat, avocados also contain chemicals that inhibit the absorption of cholesterol and protect against hypertension.

Olive Oil – A "healthy" fat, this monounsaturated oil is good for your cholesterol, and, when used on salads or to sauté veggies, it helps you absorb nutrients.

Chocolate – "Flavonols"—the nutrient found in rich, dark chocolate—helps to lower blood pressure and cholesterol levels.

A Contract Household Tips

Save your "green" during the holidays

he holidays are just around the corner – and so is the holiday shopping season. This year, enjoy the season without overspending by following these simple tips:

- **Decide how much you can spend.** Set a budget before making the gift list, then trim names or amounts as necessary to stay within your budget.
- **Pay cash.** Have trouble adhering to a budget when using credit? Then make it a cash-only holiday. Set a limit and withdraw the money from your account; when the money's gone, the shopping is over.
- Shop prices, not sales. Know the prices for items on your list and don't be fooled by the sale signs. Just because it's "on sale" doesn't mean it's a good deal.
- **Send e-cards.** They're free, don't require postage, and can be easily sent to friends and family both near and far.
- **Be creative.** Bake cookies for a neighbor or friend, or offer to baby-sit, walk the dog, or run an errand. The cost is next to nothing, but such a personal gift is priceless to the recipient.

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

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Crime Watch Article - (Continued from Page 2)

After the youth was let go, two houses were burglarized within a few hours of each other within two blocks or so of the original house that called 911. The good news: The Biscayne Park officer took down sufficient information to track down the lookout, and police also found evidence at one or both of the houses where the burglaries took place.

As a result of the e-mails from Crime Watch, many residents came forward and indicated they saw this group of kids and some came forward to participate in a photo lineup.

Further, the next week a resident that is a participant in Crime Watch spotted two of these youths and called 911.

Officer Ray Atesiano and Chief Mitch Glansberg stopped and arrested them. They had gloves and pry bars in their possession and were connected to the other burglaries.

- From Davis Harbor Crime Watch: At 5 p.m., Julia and I walked out my front door to find a man rifling through my car. My door was unlocked (my mistake). My car was parked sideways on the front swale. We got the guy's license plate number: It was a maroon PT cruiser with a white temporary tag, which apparently was fake. Police were called and they put out a BOLO (Be On the Lookout) but no report was made as nothing was taken. (We caught him in progress; guess he had no time to steal anything.) Please let everyone know, it happened in a split second.
- From a Crime Watch group in the Westchester area: Today we were able to intercede in a burglary on our block because of the training we have had from our Crime Watch coordinator. I arrived and noticed a vehicle parked in my neighbors' driveway, a vehicle I have never seen before. I called my neighbor using our phone chain. She indicated for me to call the police because no one should be parked there. I called the police and continued to watch the house, alerting the other neighbors of what was happening as we have been trained to do. The police arrived and caught two men in the backyard getting ready to steal a 52-inch TV, a garbage bag full of DVDs, jewelry, shoes and clothes.

WE SURE HOPE YOU WILL GET INVOLVED

We want to hear from you! Email

summerwoodnewsletter@gmail.com to let the community know!

Jou Have Reason o Celebrate?





GETTING TECHIE At Summerwood Elementary

by Tracy Bidwell, Summerwood Elementary $I\check{T}$

Teachers and students at Summerwood Elementary are starting a marvelous new technology adventure. We're getting techie! Our classrooms are in the process of being outfitted with ceiling mounted projectors, document cameras, and mobile interactive whiteboards. Classes will also have access to student response pads or "clickers". Our stars are sure to be engaged and amazed!



Pictured is Ria Nicholas with her 2nd grade class.



CENTRAL POOL

Open 4:30am – 9:00pm, March through October only. No one allowed in pool or pool area between 9:00pm – 4:30am

SEPT 27 -OCT 31,2010 Swim Schedule:

• Tues – Sun : 4:30am – 10:00am adult lap swim only (at your own risk)

• Tues – Sun : 10:00am – 9:00pm swim at your own risk

EAST POOL Closed until next year!

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Summerwood Pool Committee

Lisa Stout

School is back in session. Fall— as much as we actually have a fall in Texas—is here. Another swim season comes to a close. Central Pool will remain open for Adult Lap Swim (4:30am – 10am) and Swim at Your Own Risk (10:00am-9:00pm) Tuesday – Sunday through October 31st. East Pool will close as of September 26. Central Pool will open again in March, 1011. The Summerwood Stingrays swim team will commence registration and practices in April. In the meantime, the furniture will be stored for the winter months.

The Summerwood Pool Committee will continue to meet throughout the off season on the third Thursday of the month in the Central club house. Residents are welcome to attend and share any concerns and observations about our pools. The most pressing issue this fall with regard to our pools will be the selection of a pool management company for 2011-2012. We consider any data from our residents with regard to the management and maintenance of our pools not only welcome, but also very helpful. So if you are unable to attend one of our meetings, please drop us a message at pool.committee@summerwoodlife.com. (Please remember that we are a team of volunteer Summerwood residents, who are passionate about the quality of our pools. We endeavor to improve our pools, but we can't always respond to emails within 24 hours. If there is a pressing concern about our pools, please contact CIA services.)

Wrist band distribution will also be on our agenda this fall. Your Summerwood Pool Committee, thinks wristband distribution could be improved. To this end, we will spend some time this fall coming up with a recommendation for CIA Services for the 2011 season. For the record, there is NOT an official wrist band grace period. But if you are a procrastinator, you might want to hang on to this year's rainbow wrist bands, just in case.





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<u>SUMMERWOOD 3</u>

pooktacular Fall Festival

Submitted by Angela Douglas

OCTOBER 16TH 2:30 PM TILL 5:30 PM CLUB SUMMERWOOD

Refreshments will be available to purchase. Canned food drive benefiting HAAM

Festival Information:

Hayride, Trackless Train, Music, Games, PUMPKINS and MORE! Costume Contest starting at 4:30 pm in front of the DJ Booth! * Pumpkins will require a coupon to be printed from wwwsummerwoodlife.com *

> For more information please login to www.summerwoodlife.com

DECORATING CONTEST

Yard of the Month with a Fall or Halloween Theme Submitted by Summerwood Beautification Committee

Please nominate (yourself or someone else) by emailing summerwoodnewsletter@gmail.com Winner will be announced in the November SummerwoodLife Newsletter and will receive a yard of the month sign in their yard along with gift certificate.

Deadline for entries is Saturday, October 9th





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Congratulations to this Month's Winner!



Madeline & Emily Duplantis enjoying the great outdoors in Summerwood. Daddy took the photo of the girls August 29, 2010. He was trying to get the "Ducks" in the photo, but as you can see the "Ducks" were camera shy.

Summerwood Photo Contest

Have you recently taken a great photo of your family enjoying the outdoors in Summerwood? Have you taken a photo of our amenities or perhaps landscaping that you enjoy? We'd love to see your favorite Summerwood photo!

Please email it to: summerwood. newsletter@gmail.com and include your name and address along with a short paragraph about why the photo is your favorite. The winner will

have his/her photo in next month's newsletter!

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Easy Tips To Save Water & Make Your Garden Gorgeous

- Keep turf grass (the thirstiest plant of all) to a minimum. Instead, use warm-season turf and look for plants that are native to the region.
- Water plants in the early morning (before 8 a.m.) to reduce evaporation and wind interference.
- Group plants that would naturally grow together and use around the same amount of water.
- Routinely cultivate your soil to help the soil resist evaporation and retain moisture.
- Use a layer of mulch around trees and plants to save 20-30 gallons of water per day. This also assists in evening out extreme temperature and retaining moisture, as well as allowing better water penetration.
- Water grass only when needed. (Step on your grass and left your foot. If grass springs back, it doesn't need water.)
- Reduce irrigation cycles by 1-3 minutes or eliminate one cycle per week to save up to 250 gallons of water per cycle.
- Check your sprinkler system for leaks, overspray and broken sprinkler heads.
- Set your lawn mower blade one notch higher longer grass means less evaporation.
- Replace conventional fan spray nozzles with water-efficient precision rotating nozzles to use about 20% less water

Want more green tips?

Go to www.swwc.com/water-conservation.

Business Classifieds

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HEALTH BRIEFS

TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine.

When children with asthma are exposed to smoke, medications don't work as well and flare-ups or attacks can be more severe, said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and medical director of the Texas Children's Health Plan at Texas Children's Hospital.

"Our best medications to treat asthma are inhaled steroids that go down the breathing tube and tell the breathing tubes to 'chill out, act like you don't have asthma," said Farber. "Smoking irritates the breathing tubes and reduces the benefit of this important asthma control medicine."

If your child has asthma and you are a smoker, Farber said it's critical for the child that the parents get their tobacco dependence treated. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

TEENS NEED PROTECTION FROM 'SEXTING'

Note-passing has gone electronic for today's teens and includes a form of flirting known as "sexting" that can have unwanted and even dangerous outcomes, according to an expert on teen sexual health at Baylor College of Medicine.

Sexting refers to sending sexually explicit text messages and photographs over a cell phone. Teens also use social media sites like Facebook and Myspace as well as instant messaging to communicate things of a sexual nature.

Teens and adolescents are urged not to engage in this behavior, said Dr. Peggy Smith, director of the Baylor Teen Health Clinic.

Sexting should become a routine part of parents' conversation with their children about sexual health, along with topics like sexually transmitted infections and condom use, Smith said. Parents need to



convey that sexting, although sent as a private message to someone, may not remain private and can have consequences on future college and job searches.

Internet and cell phone use should be monitored by parents, just as they monitor their children's use of a vehicle, Smith said.

ACNE FREE DOESN'T MEAN CLEAR SKIN

Once a blemish or acne clears it may leave behind a not-so-friendly reminder in the form of a scar or discoloration. These may be treated with lasers and fading creams, but dermatologists at Baylor College of Medicine say prevention and time are the best ways to handle the problem.

Markus said skin tone and how a blemish is treated can contribute to what type of mark is left behind, which is why prevention is the first step to keeping the skin clear, said Dr. Ramsey Markus, assistant professor of dermatology and director of the Laser Center at BCM.

If more than just regular washing is needed to control acne, some topical or oral medications can be given. Markus also uses laser or light therapies to target the glands that are responsible for developing blemishes. For more information visit www.bcm.edu/ dermatology/.

TAKE CARE OF YOUR COLON

Did you know colorectal cancer is one of the top three causes of cancer deaths in men and women?

Warning signs of colorectal cancer can include fatigue, lightheadedness, rectal bleeding, abdominal pain and weight loss. But a diagnosis before symptoms occur results in better outcomes.

Routine screening starting at age 50 (or earlier for people who at higher risk based on their medical or family history) is recommended by physicians at Baylor College of Medicine. To set up a screening appointment at Baylor Clinic, call 713-798-0950.

Colorectal cancer outcomes, both localized and metastatic (once the cancer has spread), have significantly improved over the last several years because of more effective chemotherapy, novel surgical approaches and well-coordinated, multidisciplinary care.







Keira Anne Palmer BORN: 6/17/10 at Kingwood Hospital 7 lb 10 oz 19 3/4 inches long PROUD PARENTS: Tom & Shannon Palmer PROUD BIG SISTER: Caley Kaylee Elizabeth Spelman BORN:7/16/2010 PROUD PARENTS: Paul and Martha Spelman

Have you recently had a baby or adopted a child? A new grandbaby? Or pet? We want to hear all about it! Email us at summerwoodnewsletter@gmail.com. Please include your name and address, along with the announcement details. - Summerwood Communications

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Summerwood Life - October 2010 12

- Kids Stuff-

Section for Kids with news, puzzles, games and more!

HALLOWEEN

Boo! What are you going to be for Halloween? Sometimes, it can be fun to dress up as a group. Maybe your brothers, sisters, friends - or even parents - will want to join in the fun. Here are some costume ideas for groups of two or more.

- sun and moon
- winter, spring, summer, and fall
- salt and pepper shakers
- a toothbrush and a tube of toothpaste
- cop and robber
- doctor and patient
- veterinarian and animal (dog, cat, or bunny)
- fireman and fire dog (dalmatian)
- fisherman and fish
- squirrel and nut
- teacher and student
- pilgrim and Indian (or turkey!)
- prince and princess (or king and queen)
- cowboy and horse (or cowboy and cowgirl)
- dog and bone (Arf! Arf!)
- Santa and elf (or Mrs. Claus)
- macaroni and cheese
- Flopsy, Mopsy, and Cottontail (from Peter Rabbit)

• Dorothy, the Tin Man, the Scarecrow, the Lion, and Toto (from the Wizard of Oz)

• Sonny and Cher (ask your parents!)

And no matter what you dress up as, please be safe while you're haunting the neighborhood!

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www. TeensHealth.org. ©1995-2006.The Nemours Foundation

- vampire and bat
- burger and fries
- peanut butter and jelly
- three blind mice
- three little bears
- three little pigs

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	Kinds: Send Us Your Ma	asterpiece!
	Color the drawing below and mail the finished artwork Peel, Inc Kids Club 311 Ranch Road 620 S, Suite 200 Lakeway, TX 78734 lect the top few and post their artwork online at www.PEELind Be sure to include the following so we can let yo	k to us at: c.com. DUE: October 31 st
Name:	ne, last initial) Email: (This information will only be us	
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SUMMERWOOD

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Sudoku

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