

SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

YOUR FAVORITE SUMMERWOOD PHOTO

*Congratulations to this
Month's Winner!*



*Summerwood's Beautiful Lake Meredith!
Photographed by Barbara Probandt*

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!

Getting Our Children Ready for Success in 2011

by Lisa Bender, Summerwood Elementary School Counselor

It can be quite challenging to get everyone (including you) out the door and off to a successful day of work and school. January is a great time to evaluate and develop routines for optimal results. More likely than not, there seem to be small hurdles the family faces as they start the day. For example: forgotten homework, misplaced backpacks, and running late contribute to morning chaos. With a little effort from all involved, small changes can set a positive tone for the rest of the day.

Establishing a morning routine helps decrease morning stress that can linger with the child throughout the school day. Start your daily routine the night before by doing the following:

- Have your children bathe or shower the night before so they are not rushed in the morning.
- Make sandwiches and snacks the night before and lay out the rest of their lunch items.
- Encourage the children to choose an outfit for the next day.

In the mornings, have a plan and be consistent. Do things in order so the children learn what comes next in preparing for the day. A simple list such as "Eat breakfast, change clothes, brush teeth, make beds, and get ready to leave" can be posted in places to remind the children. Stay in that routine and eventually the children will know what they are supposed to do without you telling them.

Another great way to start off our children's day is to ensure they have a nutritious breakfast. Research has shown that eating breakfast helps children perform better. The Food Research & Action Center in Washington, D.C. lists the following facts regarding children eating breakfast:

- Children who eat a complete breakfast, versus a partial one, make fewer mistakes and work faster in math and number checking tests.
- Children who eat breakfast show improved cognitive function, attention, and memory.

(Continued on Page 2)

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 #105 14014 W. 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

UTILITY SERVICE NUMBERS

Public Utility Commission Consumer Hotline ..	888-782-8477
Entouch Systems	281-225-1000
(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 must be out by 7 a.m.)	

SUMMERWOOD MARKETING

Summerwood New Home Center	281-225-0025
16402 Boulder Field Lane; Houston, TX 77044	

SCHOOLS

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

COMCAST

Cable/Internet/Phone...COMCAST	713-341-1000
--------------------------------------	--------------

NEWSLETTER INFO

EDITOR

Article Submissions.....summerwoodnewsletter@gmail.com

PUBLISHER

Peel, Inc.www.PEELinc.com
Advertising.....advertising@PEELinc.com, 888-687-6444

BUSINESS CLASSIFIEDS

LESS THAN A PENNY: You can run a business classified in the Summerwood Life and reach all of Summerwood for only a penny per home. Call 512-263-9181 for details.

College - (Continued from Cover Page)

- Children participating in school breakfast are associated with improved grades, attendance, and punctuality.
- Consuming breakfast improves children's performance on demanding mental tasks and reaction to frustration.

As parents, teachers, and members of our community, we want all children to have the best opportunities for success in the learning environment. Starting the morning out on a positive note and ensuring that children have a nutritional breakfast are valuable tools that can be easily incorporated into our children's lives.

Rockin' In A Winter Wonderland! Lakeshore Elementary

By Cassie Pfeifer, Lakeshore Student Council Sponsor

Lakeshore Elementary students recently showcased their talents in the 2nd Annual Lakeshore Talent Show "Rockin' in a Winter Wonderland". The students' acts ranged from archery and karate to dancing and singing. The show was culminated with the long awaited dancing teacher act. This year's show was a huge success and a great time was had by all!



Pictured is the "Black-eyed P's" teacher act.



TRACY MONTGOMERY



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

Between FRIENDS



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

Website: www.tracysoldit.com

In today's real estate market, you can count on changes in home values. Call me today for your home's present value and I'll explain the latest market forecast.



As 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 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, 24/7, 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.

Do you have colleagues or friends who need assistance with a real estate transaction? Please refer them to me, and I'll put my skills and experience to work on their behalf.



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

Health & Safety

Raise your Happiness Quotient

Would you like to increase your feeling of satisfaction and contentment? Try these tips to pump up your happiness:

- Do something that is activity oriented to raise endorphins. Television is more likely to create unhappiness, so keep it off!
- Adopt an Attitude of Gratitude – write down the things you are thankful for once a week.
- Get into a hobby that will use and build on skills. Losing yourself in a task, or being *in the flow*, typically brings a satisfying sense of fulfillment.
- Connect with old and new friends; be the first to mend old gripes and grudges. Let go of the negative people in your life.
- Take the focus off of yourself by doing something nice for someone else. Give freely of yourself and do not expect recognition for your kindness.
- Think about the kind of person you would like to be in five or ten years. Focus on your personality and value system, not a lifestyle. Write down your thoughts.
- Do what optimists do – keep reaching to achieve these goals even when you get discouraged.



Helpful Hints

Clear the Clutter

Below are some tips for getting a handle on clutter and getting rid of the excess "stuff" in your home. You'll find it takes significantly less time to organize your clutter than to repeatedly sift through it looking for lost items.

- Break down large tasks into smaller "chunks." For example, instead of attempting to clean out an entire closet, clean one shelf every Saturday morning. By the end of the month, you will have completed the entire job!
- Decide that everything that enters your home goes into one of the following three categories:
 - ✓ Your "To Do" basket
 - ✓ Another family member's "To Do" basket
 - ✓ The garbage

Apply this technique to mail to prevent pile-ups.

- Assign each family member a room or area in your home to clean and organize, and pick a specific date and time for "Home Cleaning Day." Together, you clear out the extra stuff throughout your home, transforming it in a single day!



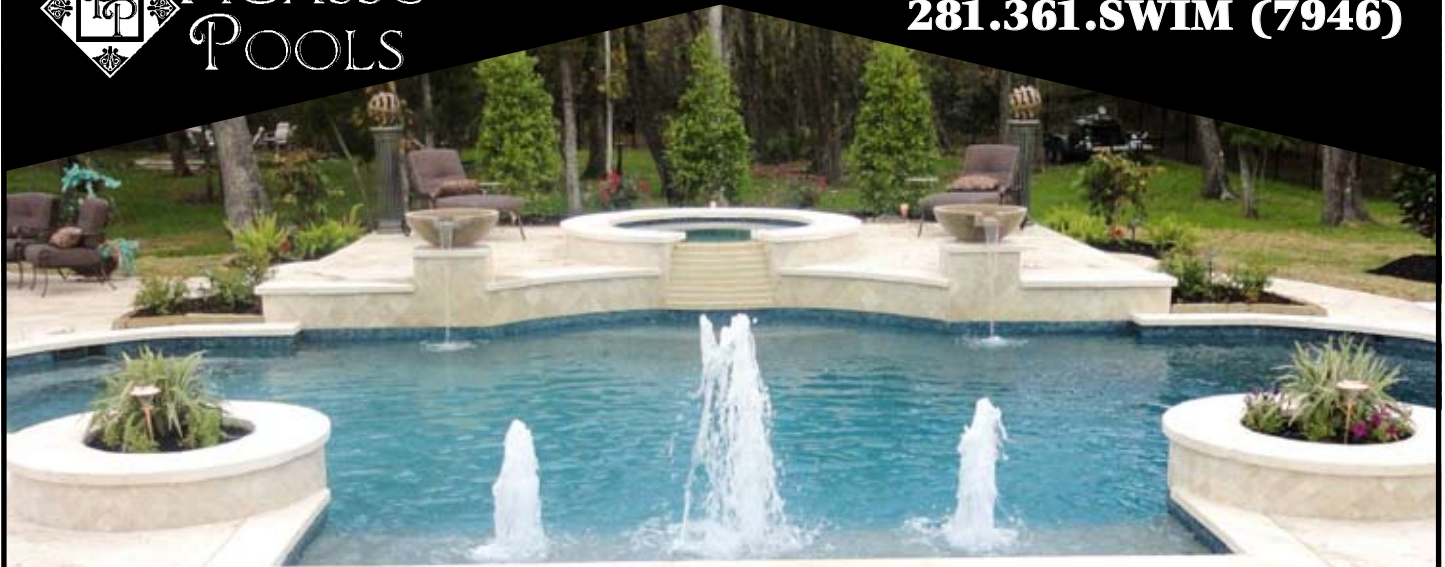
Copyright © 2011

Crime Watch Block Captains Look to 2011

Pictured are several actively involved Summerwood Crime Watch Committee members and block captains. They invite you to join them as they seek to improve communication throughout our neighborhood, plan for community events, and provide current information to their neighbors. Meetings are on the 2nd Tuesday of each month at 7:00 PM at the Central Community building on Summerwood Lakes Drive. Come and volunteer to be a good neighbor!!



WWW.PICASSOPOOLS.COM
281.361.SWIM (7946)



SPECIALIZING IN:

- | | |
|-------------------------|--|
| *Custom Pools | *Patio Covers |
| *Outdoor Kitchens | *Cabanas & Pergolas |
| *Pentair Pool Equipment | *Pools Designed with 3D Visualization Software |

***Voted 2010 Favorite
Pool Contractor!***

5910 FM 1960 East, Humble TX 77346



Pentair



Reporting Problems and Items of Concern to Maintenance

by Angela Douglas

Have you been to one of our wonderful Summerwood parks or facilities only to find something broken or even worse, vandalized? So what did you do? You called C.I.A. Services and reported it, right? Now there is an easier way of reporting these issues...no waiting till the office is open or even forgetting about the situation entirely.

Simply log onto www.SummerwoodLife.com and at the top of the homepage there are some new tabs. One tab allows you to make a report straight to the maintenance coordinator so that an assignment can be made quicker to get the issue corrected. No more making two or three phone calls or sending emails. Just one click, fill out the information, and send it in. It's that easy! There will also be tabs to make contacting the HOA Board of Directors and various committees easier as well. Log in and check it out!

Look What Santa Brought!!

Justin and Celine Wilson are proud to announce the arrival of their daughter, Rhys Monroe Wilson. She was an early Christmas present for her parents, born on December 24th! Congratulations to the Wilson family!



Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
bashanspainting@earthlink.net

WANTED

BY PEEL INC.

ENERGETIC SALES REPRESENTATIVES

 **REWARD** 

COMMISSION BASED INCOME

WANTED FOR WORKING FROM HOME,
EARNING EXTRA INCOME, AND
SELLING ADS IN YOUR NEWSLETTER

VISIT WWW.PEELINC.COM/JOBS.PHP FOR MORE INFORMATION

888-687-6444 | WWW.PEELINC.COM

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

*Solution at www.PEELinc.com

© 2007. Feature Exchange

At no time will any source be allowed to use the Summerwood Life's 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 Life is exclusively for the private use of the Summerwood HOA and 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.



Active minds, healthy bodies and happy hearts.

At Primrose, we believe that with the right foundation anything is possible. That's why we offer a complete approach to early childhood education. Our proprietary, accredited curriculum nurtures emotionally, physically and intellectually.

Limited Spaces. Enroll Now!

Primrose School at Summerwood
14002 W. Lake Houston Pkwy. | Houston, TX 77044 | 281.454.6000
www.primrosesummerwood.com



Primrose Schools

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

Educational Child Care For Infants through Private Kindergarten and After School

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.

Affordable Shade Patio Covers



We specialize in custom built patio covers, decorative & stamped concrete, cedar & treated pine shade arbors, insulated aluminum patio covers & arbors.



**Creating Comfort for Outdoor Living...
with Affordable Shade Patio Covers!**



Visit our galleries to view hundreds of photographs of finished projects...from very happy customers.

AffordableShade.com

713-574-4969

DON'T WANT TO WAIT FOR THE MAIL?

View the *Summerwood
Life* online at
www.PEELinc.com.



Yard of the Month Contest *Update*

The Summerwood Beautification Committee is suspending the Yard of the Month Contest until the spring when we will begin again with the April Yard of the Month. We have enjoyed publishing pictures of the beautiful yards in our neighborhoods and have also appreciated the really nice October, November, and December decorations. It is because of our residents that Summerwood is and continues to be a beautiful place to live.

Nominations for the April Yard of the Month should be emailed to summerwoodnewsletter@gmail.com and received by March 8th. Please also submit a jpeg photo of the yard you are nominating if at all possible. This will give you a chance to portray the best possible view of the yard.



Choose from our list of services or
Bundle & Save!
Internet, Digital TV, Alarm & Phone
starting at **\$78.10/mo!*** for all 4!

Plus Take Advantage of our
Wholesale Based Electricity Rates!



Why Choose En-Touch

Fastest, Most Reliable Internet Services!
SAME DAY TECHNICIAN SUPPORT!
Dedicated to Your Community!

Discount Rates Available at
www.EnTouch.net
(281) 225-1000

En-Touch Systems

- ♦ High Speed Internet - *Fastest Speeds in Houston!*
- ♦ Digital Television
- ♦ Telephone
- ♦ Alarm Monitoring
- ♦ Electricity
- ♦ Home Integration

*\$78.10/mo includes up to 1 Mbps Internet speeds, Standard Digital TV, a 3 year alarm agreement, and local phone. Rates may vary depending on area and do not include taxes, regulatory fees, equipment fees, or installation. Other restrictions may apply and prices are subject to change. License #B10029. En-Touch Systems, Inc. d/b/a En-Touch Energy 11011 Richmond Ave. Ste. 400 PUCT #10144.

We understand. You want the complete package !!!

Packing and Shipping expertise. A range of shipping services-from economical to time-sensitive.

Whatever you need, we'll take care of it.

You want a neighborhood shipping center that does it all....

You've come to the right

Place.

SERVING LOCAL AREA FOR 15 YEARS AND GOING..



=SPEEDY= "We ship Anything, Anywhere"

Mail & Parcel

281-225-9911

SUMMERWOOD

281-812-9911

HUMBLE, KINGWOOD, ATASCOCITA

***MEET OR BEAT !!
COMPETITOR
COUPONS***

EXPIRES: 02/28/2011

6 MONTHS MAILBOX RENTAL
W/ ONE YEAR CONTRACT, NEW CUSTOMER

RESTRICTIONS APPLY!!

FREE

19 COLOR COPIES
CENTS LETTER SIZE, 20¢

AUTHORIZED SHIPPING CENTER

FedEx

UNITED STATES
POSTAL SERVICE

Authorized
Shipping
Outlet

ups

Spring Garage Sale
March 26th

Back to School
August 19th
Club Summerwood

Spring Event
April 16th
SWE

Fall Garage Sale
September 17th

Splash Day
May 7th
Club Central

National Night Out
October 4th

Casino Night
June 3rd

Fall Festival
October 15th
Club Summerwood

Independence Day Celebration
July 4th
Club Central

Winter Festival
December 10th
Club Summerwood



2011
Events

Improve Running Workouts by Not Running

Whether you are training for a marathon or just getting into shape, keeping a regular running schedule is important. But doctors at Baylor College of Medicine (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

"Rest days are important for runners to prevent injury as well as increase muscle strength," said Dr. Jane Corboy, associate professor of family and community medicine at BCM and certified sports medicine physician (<http://www.baylorclinic.com/find-a-doctor/details/index.cfm?id=231>). "They allow the muscles to replenish glycogen (the energy source used during exercise) as well as allow the muscles to repair minor 'wear and tear' injuries."

Running every day, even while sore, does not weaken the muscles or joints, but it may not allow them to recover enough to adapt to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning the muscles, said Corboy.

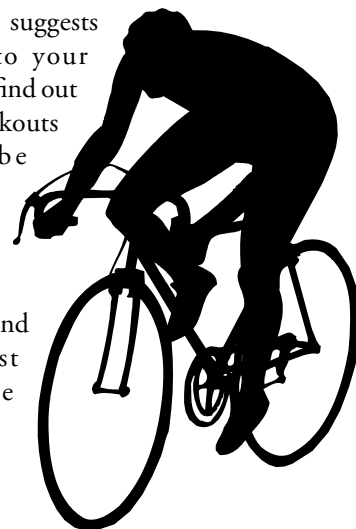
She adds that doing another hard workout during the peak soreness, usually 24 to 48 hours after the workout that caused it, may result in increasing the inflammation and prolonging the pain. This could prevent gaining as much benefit out of the hard workout as you would if you did it when the muscles had recovered somewhat.

Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off from working out to allow recovery.

Corboy also suggests including strength training, particularly of core muscles, in order

to avoid injury and improve performance. Having weak core muscles makes the wear and tear of a long run become more and more magnified as the leg muscles fatigue. If the core is "wobbly" so are the hips, knees and ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times are needed.



PROMOTE YOUR BUSINESS *in Style!*

- BUSINESS CARDS / BUSINESS CARD MAGNETS / MAGNETS
- POST-IT® NOTES / CUBES & MEMO PADS / DECALS
- BUMPER STICKERS / MEMBERSHIP CARDS & ID BADGES
- PERSONALIZED WRITING INSTRUMENTS / CALENDARS
- HEALTHCARE PROMOTIONS / DRINKWARE & KOOZIES®
- NEWSLETTERS / BOOKLETS / FLYERS
- ENVELOPES / LETTERHEADS / RUBBER STAMPS
- BUSINESS FORMS / AND MUCH MORE....

NEED AN ADVERTISING SPECIALITY ITEM?

1-888-687-6444 ext. 23

Quality
PRINTING COMPANY

Experience Matters
Doing business for
30+ years.



Britt's Book Buzz

The Hunger Games Trilogy By: Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game" where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

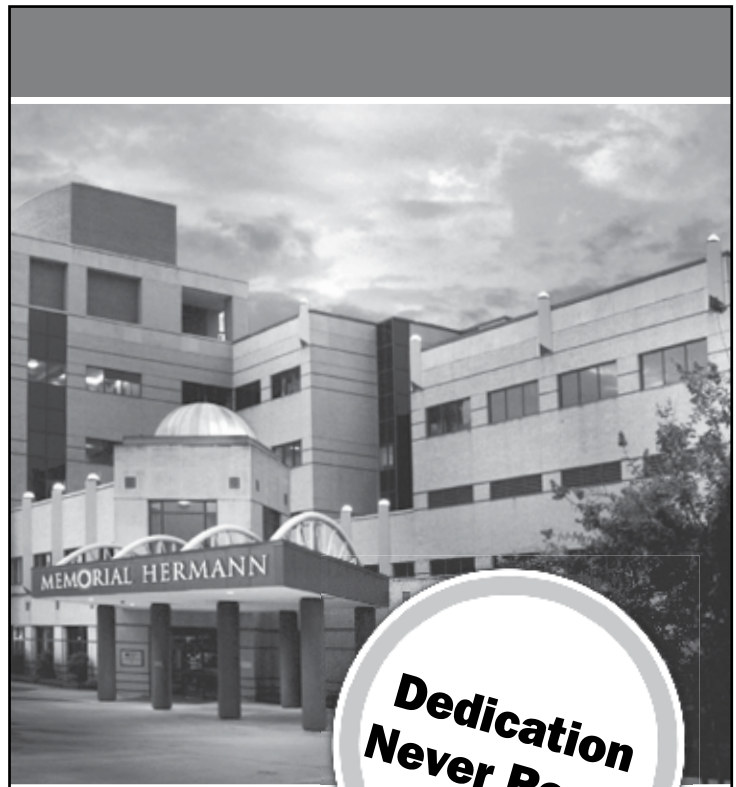
It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

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>.



**Dedication
Never Rests**

Every day, we're providing northeast Houston with breakthrough care.

At Memorial Hermann Northeast Hospital, we're ensuring a healthier outlook for the entire community. Our advanced cardiac program offers the latest imaging and diagnostic techniques, and our affiliated heart experts specialize in interventional procedures – such as balloon angioplasty and cardiac stenting. Plus, as an accredited Chest Pain Center, we're among the nation's top heart attack hospitals. We also provide state-of-the-art neuroscience services, including comprehensive neurological and spinal surgeries performed by the area's only full-time neurosurgeons, and a dedicated Sleep Medicine Center for patients who are struggling to get a good night's rest. It's all here to serve northeast Houston. **And you'll find all this and more when you rediscover Memorial Hermann Northeast Hospital.**

18951 Memorial N.
Humble, TX 77338
713.222.CARE
memorialhermann.org

**MEMORIAL
HERMANN**
Northeast
Breakthroughs every day

Full Service Professional

Computer Repair

and
Home or Office

Networking



Pickup, Delivery or Location Services Available

www.enstepmedia.com

Call or visit our website to schedule an appointment at our office at
11343 North Sam Houston Pkwy East,
2 Miles East of West Lake Houston Parkway, just past Popeye's

281-901-0091

enstep
solutions

Computer Services

- Flat Rate Virus Removal
- Apple Mac Assistance
- Flat Rate PC Cleanup
- Networking Installation
- Home Media Sharing
- Computer Upgrades
- Printer Setup
- Xbox, Wii, and PS3 Networking
- Data Backup and Recovery Assistance
- Smart Phone Setup



Custom Home Theater

1/2 Off
Installation

Media Room Build Out

281-901-0091

- Kids Stuff -

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

When It's Just You in an Emergency



"Mom!" you yell down the stairs. "Where's my math book? I can't find it and the bus is coming! Please help me ... it's an emergency!"

It is kind of an emergency with the bus coming and all, but what about a medical emergency? That kind of emergency is usually more serious. If you don't have your math book or miss the bus, that would be bad. But a medical emergency means someone needs care from a doctor right away. Let's find out the right thing to do.

QUICK THINKING: WHAT WOULD YOU DO?

Liz and her little brother Jamie are out for a walk. Jamie decides to race ahead down a very steep hill. He's running pretty fast when he suddenly trips. Over and over he falls, rolling down the hill at high speed until he's sprawled out on the sidewalk at the bottom.

Liz rushes to her brother's side, hoping that he's OK. Then she sees some blood on the pavement. And Jamie isn't moving at all. What should she do? First things first: Liz should call for help right away.

Calling for help is the most important thing a kid can do in an emergency. If you are going to be the one making the emergency phone call, here's what to do:

- Take a deep breath to calm down a little.
- Tell the operator there's an emergency.

- Say your name and where you are (the exact address if you know it).
- Explain what happened and how many people are hurt. (The operator will need all the information you can provide, so give as many details as you can.)
- Stay on the line until the operator says it's OK to hang up.

After calling for help, your first thought might be to rush over to the person who's injured. But stop and look before you do. Make sure the scene is safe. If it's not, wait in a safe spot until a grown-up or an emergency team arrives.

If the scene is safe, and as soon as Liz is sure someone is calling 911 – or she has called it herself – she could return to her brother and wait until help arrives. (She shouldn't move her brother at all because he could have a neck or other bone injury. Moving someone who has that sort of injury can make it much worse.) She can help him feel calm by being calm herself.

IN CASE OF EMERGENCY

The best way to handle an emergency is to be prepared for one. Knowing what to do ahead of time can help you stay in control so that you can help. Here are some suggestions on how to be ready to help in an emergency:

When you are outdoors, make sure you are in an area where you can call out for help even if you don't have a phone with you.

- Know how to dial 911 or your local emergency number. In most areas in the United States, it's 911.
- If you have one, carry a cell phone or know how to use your parent's cell phone.
- Learn first aid. Look for basic first-aid classes with your local Red Cross, the YMCA or YWCA, the Boy or Girl Scouts, 4-H clubs, your local hospital, and other organizations. Or ask your school nurse to have a first-aid class just for students in your school.

It's scary to think about someone getting hurt. But the truth is that accidents can and do happen. They happen when people are being careless and careful. Sometimes, kids are the ones who get hurt. Sometimes, grown-ups get hurt. Either way, it's good to know what to do if someone needs emergency medical help. Even though you're a kid, you can make a big difference by doing the right thing.

Reviewed by: Kate Cronan, MD • Date reviewed: August 2007



Be a Hero - the Smart Way

In an emergency, a kid might think about playing the superhero by driving a car or racing into a burning building. Do do it! you could cause another accident or make the situation worse. If you get hurt, too, who will call 911?

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

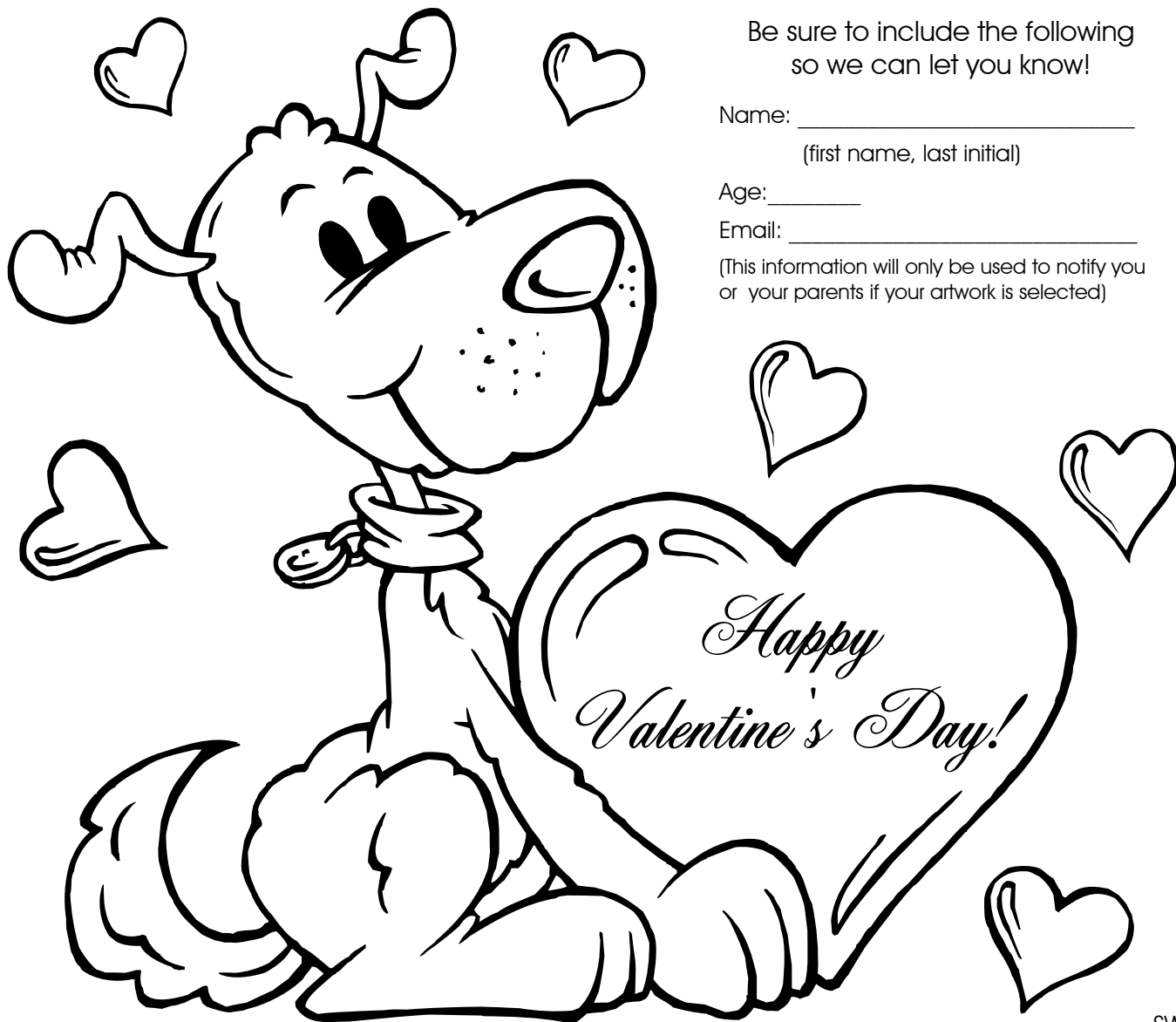


Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:

Peel, Inc. - Kids Club
308 Meadowlark St South
Lakeway, TX 78734-4717

We will select the top few and post their artwork online at www.PEELinc.com. DUE: February 28th



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

Name: _____
(first name, last initial)

Age: _____

Email: _____

(This information will only be used to notify you
or your parents if your artwork is selected)

SW

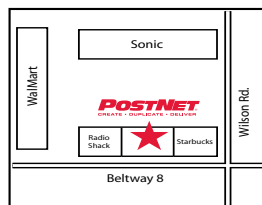


We can help. PostNet. Your Neighborhood Business Center.

Your Ultimate Printing Solutions Center

- Full Service Printer
- Wide Format Printing
- Graphic Design Services
- Finishing Services
- Laminating Services
- B&W & Color Copies
- Public Notary
- Computer Rental
- FedEx®/UPS®/DHL® & USPS®
- Passport Photos
- Fax Services
- Private Mailboxes
- And Much More!

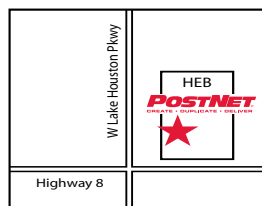
TWO LOCATIONS TO CHOOSE FROM:



4830 Wilson Road, Suite 300
Humble, TX 77396

281-441-7638 | TX203@postnet.com
www.postnet.com/TX203

OPEN: Mon. - Fri. 8:30am - 6:30pm, Sat. 9am - 2pm
Join Us On Facebook! Search PostNet Lake Houston Area



At Beltway 8 & W Lake Houston Pkwy

12680 West Lake Houston Pkwy,
Houston, TX 77044

281-454-7455 | TX219@postnet.com
www.postnet.com/TX219

OPEN: Mon. - Fri. 9am - 7pm, Sat. 10am - 3pm
Join Us On Facebook! Search PostNet Lake Houston Area

FedEx Authorized ShipCenter®



PLUS — bring this flyer in or mention it to receive a FREE design consultation on business cards or marketing materials. Trust PostNet to print, copy and ship for you!

20% OFF ANY PURCHASE

Offer Expires: 03/15/11.
All offers exclude USPS
services & products.
One coupon per customer per visit.
Valid at participating PostNet
Centers. Not valid in
combination with any other
offer. Some restrictions
may apply.

DO YOU LOVE YOUR POSTNET?

TELL US WHY BY NOMINATING
US AT **POSTNET.COM** IN THE
"MY POSTNET LOVES ME"
CONTEST FOR THE CHANCE
TO WIN A FREE iPad!

CONTEST ENDS
02/28/11

Each PostNet Center is independently owned & operated. Services may vary.

DESIGN



PRINT



COPY



SHIP



POSTNET
CREATE • DUPLICATE • DELIVER



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

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

SW

ADVERTISE
*Right on mark
for your
target audience*
Call Today 512-263-9181.

PEEL, INC.
community newsletters

www.PEELinc.com
512-263-9181