

# SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

## CONGRATULATIONS YARD OF THE MONTH - JUNE 2011

*Submitted by: Celine Wilson  
The Beautification Committee would like to  
Congratulate the June 2011 Summerwood  
Yard of the Month Winners!*

### **The Ramirez Family of Greenwood Lane South**

(top right)

### **The Selman Family of Spring Mountain**

(bottom right)

Both Winners will have a "Yard of the Month" sign displayed in their yard for the month of May. Each winner will also receive 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](mailto:summerwood.newsletter@gmail.com)! We look forward to hearing from you!

The Summerwood Beautification Committee

#### *Yard of the Month Nominations*

The Summerwood Beautification Committee welcomes your nominations each month for the Yard of the Month Contest! Email your nominations to [summerwoodnewsletter@gmail.com](mailto:summerwoodnewsletter@gmail.com) by the 8th of each month. Please submit a jpeg photo with your nomination if at all possible as this will give you a chance to portray the best possible view of the yard.



## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

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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

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## NEWSLETTER INFO

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## UPDATE FROM THE ARC!

### *Is It Time to Refurbish, Repaint, or Reroof your Home?*

*By Barbara Probandt*

Before you make a change to the exterior appearance of your Summerwood home you are asked to submit a Home Improvement Request (HIR) to the Architectural Review Committee (ARC) for approval. The proper form to use for your request along with information on architectural guidelines can be found on the [www.summerwoodlife.com](http://www.summerwoodlife.com) website. Log in, click on the yellow tab on the left hand side marked Document Library, and scroll down to the Architectural Review Committee tab. There you will find the Architectural Guidelines for our community along with the Home Improvement Form to submit to CIA Services (our management company) at 8811 FM 1960 Bypass Rd, Suite 200 Humble, TX 77338.

You are encouraged to refurbish and repaint periodically to keep your home beautiful. For instance you are encouraged to power wash your wood siding to remove mildew, maintain/repair your mail box as needed, and clean your curbs to enhance the beauty of your home. This maintenance obviously does not require ARC approval.

***Since this is the season of the year that many want to spruce up the exterior of a home you may also be glad to know that you do not need ARC approval:***

- To repaint your home using the original builder color
- To reroof your home using a 25 year (or higher quality) shingle of the original color
- To repaint your mailbox, front door, garage door, or other exterior feature using the same color that the builder originally used.



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## CENTRAL & EAST POOL SCHEDULES

CENTRAL - Open 4:30am – 9:00pm, No one allowed in pool or pool area between 9:00pm – 4:30am

EAST - Open 10:00am – 9:00pm, Lifeguards present at all times

### CENTRAL POOL

JUNE 2 – AUG 21, 2011

- **Swim Schedule**

Tues – Sun..... 4:30am – 10:00am adult lap swim only

Tues – Sun..... 10:00am – 9:00pm swim with lifeguards

- **Events**

June 2.....10:30 to 11:15 Swim Team clinic, partial lanes open

June 14.....10:30 to 11:15 Swim Team clinic, partial lanes open

June 16.....10:30 to 11:15 Swim Team clinic, partial lanes open

July 4 ..... “4th of July Celebration” – check announcement!

- **Pool Closed for Swim Team**

*Practice(June 2 – July 1)*

Tues – Fri .....7:00am – 10:30am

*Meet*

Saturday, June 11..... 4:30am – 3:00pm

- **Pool Closed for Cleaning**

All Mondays

Tuesday, July 5

AUG 22 – SEPT 25, 2011

- **Swim Schedule**

Tues – Sun..... 4:30am – 10:00am adult lap swim only

Tues – Fri ..... 10:00am – 9:00pm swim at your own risk

Sat – Sun ..... 10:00am – 9:00pm swim with lifeguards

- **Events**

Sept 5 – Open Labor Day..... 10:00am – 9:00pm swim with lifeguards

- **Pool Closed for Cleaning**

All Mondays

Tuesday, Sept 6

SEPT 26 –OCT 31, 2011

- **Swim Schedule**

Tues – Sun..... 4:30am – 10:00am adult lap swim only

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

- **Pool Closed November 2011 through February 2012**

### EAST POOL

APR 30 – MAY 31, 2011

- **Swim Schedule**

Tues – Fri .....4:00pm – 7:00pm

Sat – Sun ..... 10:00am – 9:00pm

- **Pool Closed for Cleaning**

All Mondays

Tuesday, May 31

JUNE 1 – AUG 21, 2011

- **Swim Schedule**

Wed – Mon ..... 10:00am – 9:00pm

- **Events**

July 4..... “4th of July Celebration” – check announcement!

- **Pool Closed for Cleaning**

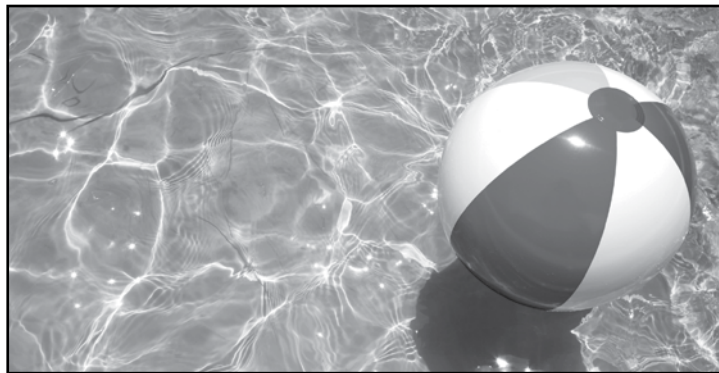
All Tuesdays

AUG 22 – SEPT 25, 2011

- **Swim Schedule**

Sat – Sun ..... 10:00am – 9:00pm

- **Pool Closed October 2011 through April 2012**



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the Community News

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## SUMMERWOOD CRIME WATCH COMMITTEE

*By Barbara Probandt*

The crime watch committee leadership and the active block captains attended a breakfast and brainstorming session on Saturday morning, May 21st at a local restaurant to discuss initial plans for the annual community National Night Out event. NNO is traditionally the largest annual event held in Summerwood with fun for the entire family and thousands of dollars worth of giveaways. It will be held on Tuesday evening, October 4th.

The Crime Watch Committee invites Summerwood residents to attend the monthly meetings along with an invitation to become actively involved in raising awareness and becoming part of the communication process.

### Helpful Crime Prevention Tips:

- Burglars are less likely to try to enter a residence when someone appears to be home. Leave the lights on or use timers.
- Lock your screen doors if possible. Remember, the more noise a burglar has to create, the more of a deterrent it is.
- Lock your windows.
- Trim back bushes from in front or back of your home so that there are fewer areas where someone can hide from sight.
- If you are home during the day, watch out for suspicious people around your neighbor's homes. A suspicious person could be someone you do not recognize as living in the area.
- If you are going out of town, be sure to tell a neighbor so they can watch for any suspicious activity while you are gone.
- If you are the victim of a break-in, make a police report immediately. This information will help the police know where to assign more officers.
- If you hear glass breaking, a vehicle alarm going off or any other suspicious noises, activity, vehicles or individuals, immediately report it to the police department. Most arrests are due to alert residents who call in and relay this type of information to the police.
- If you have an alarm system, use it!
- Make sure your personal property inventory is up to date, record serial numbers, make and model of items and keep this record in a secure place.
- Install motion lights.
- Keep garage doors closed and lock your doors!





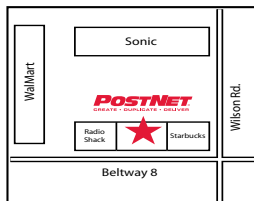


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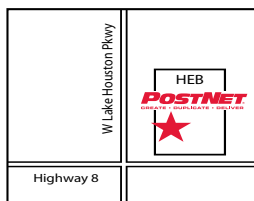
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## STORK REPORT

Mike and Laney Weber of Greenwood Lane South joyfully celebrated the arrival of Michael Chase Weber on Thursday, March 10. Michael weighed 8 lbs 12 ounces and measured 20 1/2 inches long.



*Email us your new bundle of joy announcement with photo at [summerwoodnewsletter@gmail.com](mailto:summerwoodnewsletter@gmail.com).*

*Congratulations to the Weber family!*



## WHAT IF YOU DON'T USE YOUR BLUE RECYCLE CAN?

If your recycle can takes up too much storage space for your needs and/or if you do not choose to use it any longer, you can contact Republic Waste at 281-446-2030. Let them know that you no longer want it and they will schedule a time to come and pick it up.



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## THE COMMUNITY POOLS OPEN WITH A SPLASH!



Saturday May 7<sup>th</sup> we celebrated summer and the opening of the pools for the 2011 pool season. A fun time was had by all. The DJ kept the vibe going all afternoon with fun tunes while the lifeguards played fun games with the kids. The Chick-Fil-A cow entertained the crowd as they lined up to get some chicken and pizza. Even the littles of swimmers joined in the fun in the kid's zone with tons of prizes and beach balls for everyone.

*Join us for our next adventure!*

## SUDOKU

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

View answers online

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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.



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## *Do kids need sports drinks?*

Although children may request sports drinks, they offer little advantage over cool water, say nutritionists at Baylor College of Medicine (BCM) in Houston and the USDA/ARS Children's Nutrition Research Center at Baylor and Texas Children's Hospital. Sports drinks are designed to benefit athletes engaged in continuous, high-intensity aerobic workouts that last for 90 minutes or more.

But, if the availability of sports drinks encourages your kids to drink, consider making your own. Combine caffeine-free herbal tea, a little sugar, a pinch of salt, a few ounces of orange juice, and chill in individual bottles. Active kids need to fill up on fluids to prevent dehydration. Children should be encouraged to drink before heading outside and every 15 to 30 minutes during playtime activities.

## *Combination of limes, sun can result in 'margarita dermatitis'*

Adding a slice of lime to a favorite summer drink is nice to cool off with, but it could leave your skin burning, say dermatologists at Baylor College of Medicine.

The condition, called phytophotodermatitis, happens when a certain plant compound comes in contact with the skin, making that one area light sensitive. During the summer, lime juice is the common cause for this condition, which is why some doctors call it 'margarita dermatitis.' The reaction usually looks like a sunburn, or a poison ivy rash, with redness and sometimes swelling and blistering, says Dr. Rajani Katta, associate professor of dermatology at BCM. It can be itchy and painful, and leave behind skin discoloration.

Treatment is similar to treating a poison ivy rash. Cool compresses and hydrocortisone creams along with oral antihistamines are used. Severe cases could require steroid pills. Preventative action is best. Be aware of what plant products you come in contact with and wash the area thoroughly before going out in the sun. As always, make sure to apply sunscreen and stay in shaded areas to maintain good skin health.

## *Physical activity keeps Parkinson's at bay*

The management of Parkinson's disease is much more effective when regular exercise is included, say experts at Baylor College of Medicine (BCM) in Houston. "There's no doubt that people who have a positive attitude and exercise generally cope with the disease much better than those who don't," said Dr. Joseph Jankovic, professor of neurology and director of BCM's Parkinson's Disease Center and Movement Disorders Clinic.

*(Continued on Page 13)*

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## Health Briefs - (Continued from Page 12)

"Exercise is clearly a positive force in dealing with Parkinson's."

Jankovic said that a regular exercise program, tailored to the needs of the individual patient, is critical for continued well being. Exercises for Parkinson's patients should be designed to improve strength (through the use of free weights, weight machines, and elastic bands) and overall fitness (by walking and swimming). Swimming and water exercises have the additional advantage in that there is very little stress on the joints and the resistance improves muscle strength.

### *Traditional colonoscopy recommended over virtual method*

The option for a "virtual" colonoscopy is now available but doctors at Baylor College of Medicine recommend sticking to traditional methods when screening for colon cancer.

A virtual colonoscopy is a CT scan image of the colon and does not require the use of an endoscope - a thin, flexible device that is inserted into the colon.

"While a virtual colonoscopy may sound less invasive than traditional methods, it isn't always as accurate," said Dr. Waqar Qureshi, associate professor of medicine and chief of endoscopy at BCM. "A scan is more likely to miss small precancerous growths, and catching those polyps early is the key to preventing progression to

colon cancer."

Studies have shown that polyps smaller than 6 mm are frequently missed by CT scanning, Qureshi said. For someone who is at high risk for colon cancer, missing a polyp can be deadly. Almost all instances of colon cancer begin as polyps, which are easily detected and removed during a colonoscopy.

Many times a virtual colonoscopy must be followed by the traditional method, he added, and both procedures require the same preparation, which includes laxatives, diet restrictions and in some cases certain medications must be stopped.

Colon cancer screening should take place every 10 years starting at age 50. If colon cancer runs in a family, testing should begin earlier and be performed more often.



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## FINANCIAL FOCUS

### *Know Your Investment Risks — and How to Respond*

When you invest, you take some risks. While you can't totally avoid these risks, you can take steps to help reduce their impact and increase your comfort level. And the more comfortable you are with your investments, the easier it will be to follow a long-term strategy that can help you meet your goals.

Let's look at the most common types of risk related to investing, along with some suggestions on helping to reduce these risks:

**Losing principal** — This type of risk is most closely associated with investing. For example, when you purchase a stock, you know that its value could go up or down. If it drops below your purchase price, and you then sell your shares, you will lose some of your principal.

**Your response** — You can't eliminate the risk of losing principal, but by owning a mix of stocks, bonds, government securities and other types of investments, you can help reduce the impact of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can't guarantee a profit or protect against loss.

**Losing value when interest rates change** — This type of risk primarily affects fixed-income investments, such as bonds. If you purchase a bond that pays, say, a 4% interest rate, and the market rate goes up to 5%, then the value of your bond will drop because

no one will be willing to pay you the full price for it when newer, higher-yielding bonds are available.

**Your response** — You can combat, or even ignore, interest rate risk by holding your bonds until they mature. By doing so, you'll get your full principal back, provided the issuer doesn't default, and you'll continue to receive regular interest payments unless the bonds are "called," or repurchased by the issuer. (You can help protect against this by purchasing bonds that have some degree of "call protection" and by owning bonds with different maturities.)

**Losing purchasing power** — This risk largely applies to fixed-rate investments such as certificates of deposit (CDs). To illustrate: If you purchase a CD that pays 2%, and the inflation rate is 3%, you are actually losing purchasing power.

**Your response** — Despite their vulnerability to inflation, CDs can offer you some valuable benefits, such as preservation of principal. Yet if you are concerned about fighting inflation, you may want to look for investments that have the potential to offer rising income, such as dividend-paying stocks. In fact, you can find stocks that have increased their dividends for many consecutive years. (Be aware,

*(Continued on Page 17)*

## BEWARE ...of "Summer Slide"

Written by: Kelley Connor

No, this is not a sign posted on the gate of your local park or a warning for the new splash pad down the street. 'Summer Slide' is an actual term used to refer to the learning reversal that occurs over the summer months when students' minds are not being stimulated and students themselves are not engaged in learning. Students in all grades and at all levels in their educational career need to continue their learning to some degree during their summer break.

Engaging students in their learning can be done in many different ways. It could be as simple as reading a bedtime story together each night or taking your child to the public library each week to pick up the latest edition of their favorite book series. However, for some children, additional support and engagement may be necessary, especially if they struggled

during the school year. In situations such as this, it is helpful to look for assistance with educational experts.

Kimberly Moore, director of **Leaps and Bounds Tutorial Centers**, has seen "Summer Slide" first hand. "It is a very real condition that occurs with children who are not being challenged to increase or even maintain their academic skills during the long summer months". Her suggestion is to work with a professional tutoring center to identify current educational concerns or specific areas for growth and then create an individualized plan for your child.

Give your child a head start for next year, keep the learning going!





## Memorial Hermann Northeast Hospital is proud to be the Official Sponsor of Humble ISD Athletics.

Thanks to all of the Memorial Hermann Northeast Medical Staff physicians who volunteered their time to conduct athletic physicals at Summer Creek High School on April 5.

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## COMMUNITY CHANGES LIVES

By Sarah S. Jordan, MS

In late April, I was fortunate enough to be a small part of an incredible event in my neighborhood called "BBQ4JD." The theme on the back of the event t-shirts read "Community Changes Lives," and I don't think any other words could have summed it up better than those three words did.

What I witnessed was a large community coming together to support a child and family with love, donations, many hugs, and ongoing prayers. I could not believe how many people, children, volunteers, and businesses came out to contribute their time, energy, and love to the event. It definitely showed the true colors and generosity of the neighborhood and the wonderful people that live there.

We moved there almost two years ago, and I have to say that I feel very fortunate to be part of such a great community. Through family time at the pool on weekends, attending business networking meetings, offering free women and stroller fitness classes, attending

holiday events, and volunteering at a few things, great connections have been made and a large community feels much smaller to me.

This got me thinking... what are some ways that we can all get more plugged into our own neighborhoods? Here are some great ways to do just that.

### VOLUNTEER

Communities put on so many great events throughout the year, and there are always volunteer opportunities and ways to get more involved.

### DONATE

If you own a business or have a product that could be helpful to an event or silent auction, donate your time and/or an auction item. As they say, you have to give in order to receive, and there is so much to be gained in the spirit of giving to others. I cannot tell you how many incredible people I have

been fortunate enough to meet through the giving of my time and services.

### READ THE COMMUNITY NEWSLETTER EACH MONTH

A great deal of time and energy is spent in creating those newsletters, and they are a great way to stay updated on what is happening around you and to connect with the members, events, and local businesses in your community.

### GET MOVING TOGETHER

Start a running or walking group. Plan a fun run/walk for parents and their children in your area to promote being active.

### FIND PEOPLE WITH SIMILAR INTERESTS,

and join or form a group, whether that is a book club, moms group, or business-networking group. So much is gained from partnerships and networking.

(Continued on Page 17)



CONSTANT VISUAL SUPERVISION



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MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



ALWAYS CHECK POOL/HOTTUB FIRST FOR MISSING CHILD



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For more information, check out our website at  
[www.colinshope.org](http://www.colinshope.org)

### JOIN US IN GETTING READY FOR A SAFE SUMMER IN THE WATER!

**June 14th World's Largest Swim Lesson at Schlitterbahn Waterpark in New Braunfels.**  
Join Colin's Hope as we partner with Schlitterbahn to try and break the world record for the World's Largest Swim Lesson on Tuesday, June 14th. Visit [www.Schlitterbahn.com](http://www.Schlitterbahn.com) for more information.

**June 26th Open Water Swim benefits Colin's Hope**  
Splash into Lake Travis for the Red Licorice Events Open Water Swim at the Mansfield Dam on June 26. The swim benefits Colin's Hope and you can choose from 800m, 1.2 mile or 2.4 mile options. Visit [www.redlicoriceevents.com](http://www.redlicoriceevents.com) for more information.

**August 27th & 28th 3rd Annual Colin's Hope Kids Triathlon**  
Athletes ages 5-15, mark your calendars for August 27th & 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. Registration opens in early June and will fill up very quickly! Visit [www.colinshope.org](http://www.colinshope.org)



Download a QRcode App on your phone & scan me!



Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

## Community Changes Lives - (Continued from Page 16)

### WELCOME NEWCOMERS

Within a day or two of moving in, one of my neighbors had already showered us with free ice cream coupons to his shop. And other neighbors had already given us their cell phone numbers in case we needed anything. A little bit goes a long ways in making people feel welcome.

### PLAN A POTLUCK FOR YOUR NEIGHBORS ON YOUR STREET ONCE A YEAR Food + Families = Fun!

What ever you find to work for you and your family in getting involved, may you find immeasurable enjoyment from your efforts. Community really does change lives.



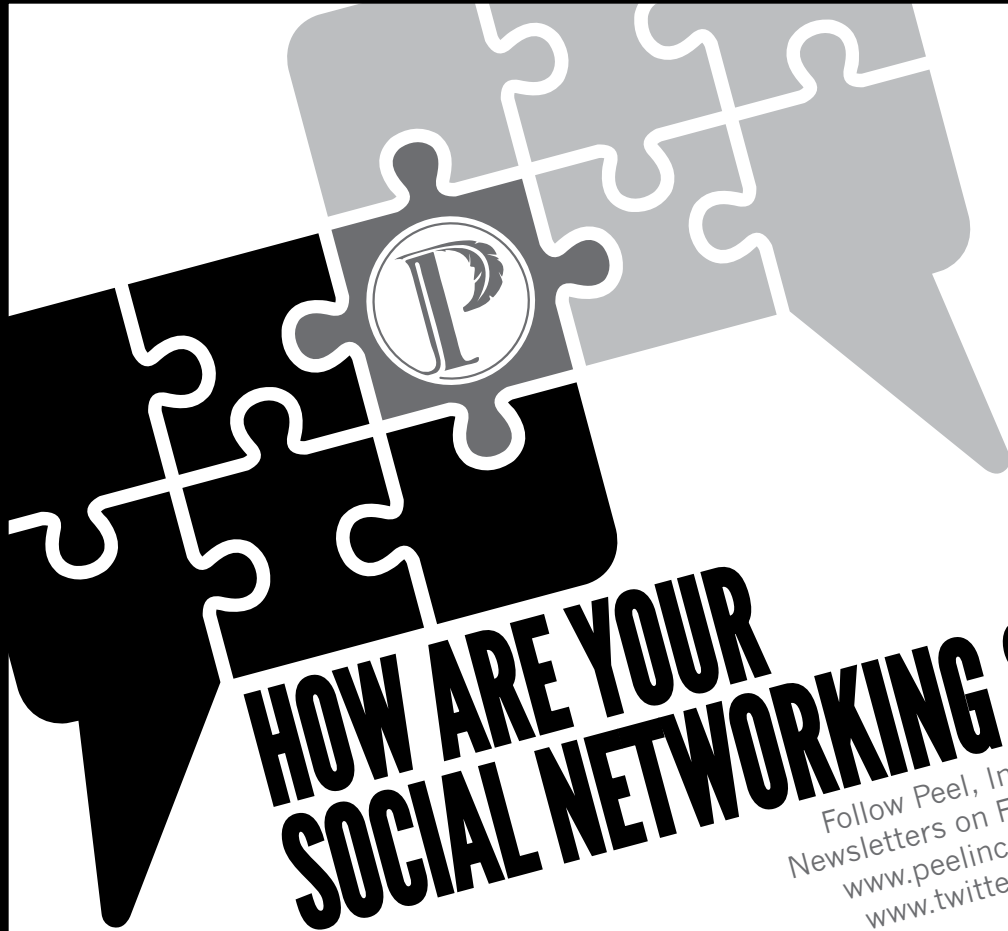
*Photos courtesy of Sarah and Jessica from MilesOfSmilesPhotography.com.*

## Financial Focus - (Continued from Page 14)

though, that companies can reduce or eliminate dividends at any time. Also, an investment in stocks fluctuates, and you could lose your principal.)



Apart from these individual techniques to reduce investment-related risk, you should also save early and save often — because the more money you accumulate, the greater your ability to follow a long-term strategy that reflects your personal risk tolerance. That's why it's a good idea to contribute as much as possible over the years to your IRA and 401(k) or other employer-sponsored retirement plan.

By understanding the different types of investment risk, and by acting to help lessen them, you can reduce much of the stress sometimes associated with investing — while you increase your prospects for achieving your objectives.

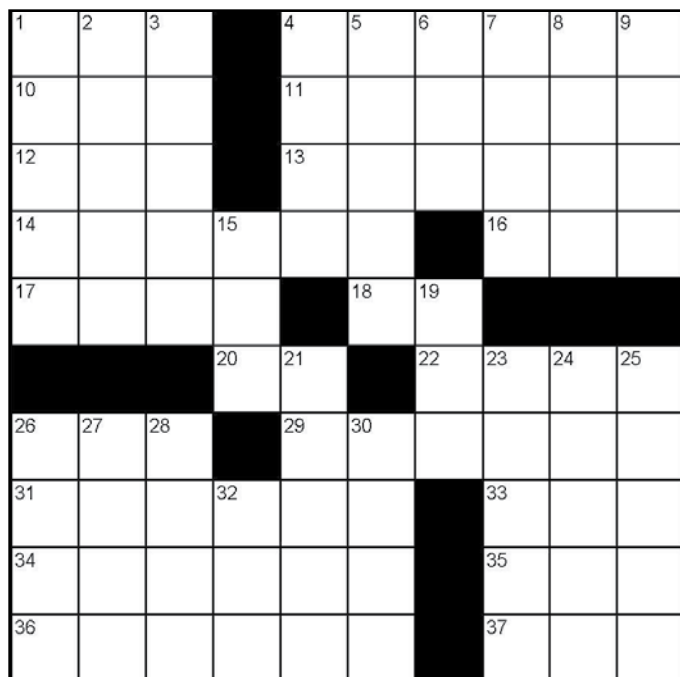
## HOW ARE YOUR SOCIAL NETWORKING SKILLS?

Follow Peel, Inc. Community Newsletters on Facebook & Twitter  
[www.peelinc.com/Facebook](http://www.peelinc.com/Facebook)  
[www.twitter.com/Peel\\_Inc](http://www.twitter.com/Peel_Inc)



## CROSSWORD PUZZLE



### ACROSS

1. Beg
4. Lizard
10. Licensed practical nurse
11. Uneven
12. Lavatory
13. No longer asea
14. Downright
16. Not (refix)
17. Possessive pronoun
18. Beast of burden
20. Gym
22. Small particle
26. Tear
29. National capital
31. Refrigerator
33. Abdominal muscles (abbr.)
34. Ring around the sun
35. Downwind
36. Pseudonym
37. Undergarment

### DOWN

1. Muslim's God
2. Fern seed
3. Seasoner makers
4. Persia
5. Enthusiasm
6. Expression
7. Competition at the Greek games
8. Roman emperor
9. City in Yemen
15. Viper
19. Roman twelve
21. Type of wood
23. Toothbrush brand
24. Stem
25. Afloat (2 wds.)
26. Costa \_\_\_\_
27. Computer "button"
28. Brand of coffee alternative
30. Student's dread
32. \_\_\_\_ voyage

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*View answers online*

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## 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

Lakeway, TX 78734-4717

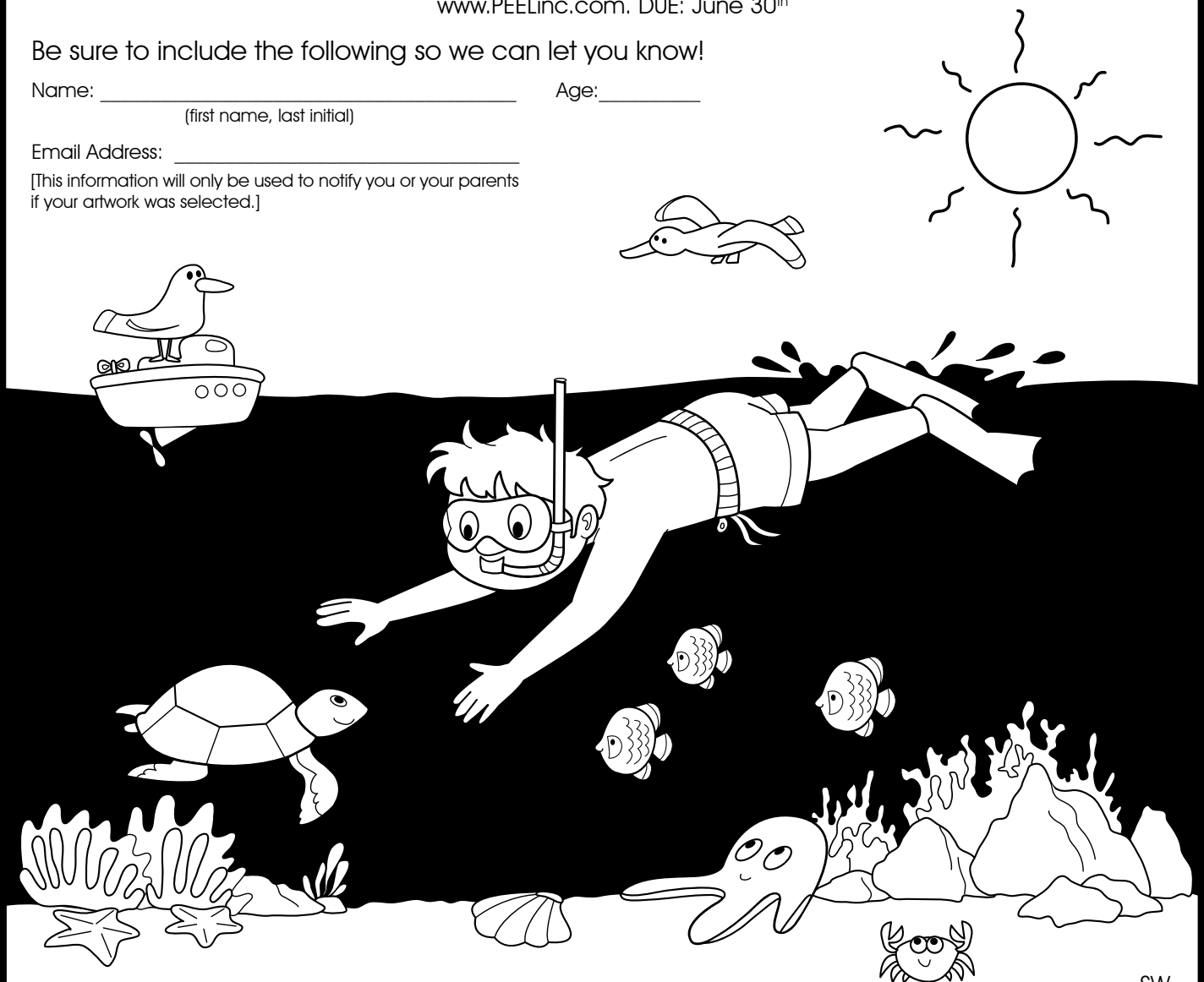
We will select the top few and post their artwork online at  
[www.PEELinc.com](http://www.PEELinc.com). DUE: June 30<sup>th</sup>

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

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
(first name, last initial)

Email Address: \_\_\_\_\_

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



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