

SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

CONGRATULATIONS

Yard of the Month - August 2011

The Beautification Committee would like to congratulate the August 2011 Summerwood Yard of the Month Winners!

**THE MCCAY FAMILY
OF SUMMERWOOD LAKES COURT
THE WILLIAMSON FAMILY OF
YAUPON HOLLY**

Both Winners will have a "Yard of the Month" sign displayed in their yard for the month of August. Each winner will also receive a \$50 gift card to Lowe's!



12811 Summerwood Lakes Court



13123 Yaupon Holly Lane

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**

Submitted by: Celine Wilson

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 PkwyHouston, 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
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POST OFFICE

Post Office.....	713-631-2098
9604 Mesa Drive; Houston, TX 77078	

COMCAST

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

EDITOR

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

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LESSTHAN 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.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Summerwood residents, limit 30 words, please e-mail summerwoodnewsletter@gmail.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.

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Call me today to learn how you can get added peace of mind with an Old Republic Home Warranty Plan, or visit www.orhp.com for more information.

As your local Real Estate Professional, I can offer tips for home staging, aid with financing, and more. If you know someone thinking of buying or selling, please refer me to them!



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

Health & Safety

Social Insecurity: Stop Doing These Things on Facebook

The number of online U.S. households using social networks such as Facebook and LinkedIn is increasing each year, expanding opportunities for cyber criminals. To minimize your risk of becoming a victim, stop doing these things NOW!

Using a weak password – Avoid easy-to-guess names or birth dates. Instead, create a secure 8-character password by mixing upper- and lower-case letters, numbers, and symbols.



Leaving your full birth date in your profile – It's an ideal target for identity thieves.

Overlooking useful privacy controls – Restrict access to photos, birth date, and family information, among other things. Utilize privacy controls to give only certain people or groups access to items, or block particular people from seeing them.

Posting your child's name in a caption – Don't use a child's name in photo tags or captions. If someone else does, delete it.

Mentioning that you'll be away from home – That's like putting a "no one's home" sign on your door.

Letting search engines find you – To help prevent strangers from accessing your page, go to the Search section of Facebook's privacy controls and select "Only Friends." Be sure the box for public search results isn't checked.

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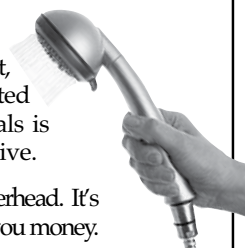
Household Tips

Clean Your Showerhead

Plumbing problems are always bad news, but during the scorching days of summer—when a refreshing cool shower can invigorate a heat-weary soul—it could be the worst news of all. So, make an offensive move now – keep your showerhead flowing freely with these simple instructions.

To eliminate mineral buildup, which can reduce water pressure and create spurting, give the showerhead a thorough cleaning. To avoid removing the showerhead, pour distilled white vinegar in a small plastic bag, such as a sandwich bag. Pull the bag over the showerhead so that it is totally immersed in the vinegar and fasten with a rubber band. Let it soak overnight, and in the morning you will have a clean and disinfected showerhead. Using white vinegar instead of harsh chemicals is safe, environmentally friendly, highly effective, and inexpensive.

If your showerhead has seen better days, install a new low-flow showerhead. It's an easy do-it-yourself project that will help conserve water and save you money.



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MEET YOUR DAY SHIFT CONTRACT OFFICER

Deputy Aaron Gardiner



Deputy Aaron Gardiner is originally from Orange, Texas. He was trained from his boyhood in the martial arts and this became one of his fields of expertise as a young man in the military. There he worked with EODs (explosive devices) and taught techniques of using martial arts and use of specialized batons in self defense. After the military his experiences and interests led him into a career in law enforcement.

Deputy Gardiner is Summerwood's newest contract deputy and is a 26 year veteran of the Harris County Sheriff's Department. He likes meeting the residents of Summerwood and enjoys helping them whenever he can. He works hard to protect us, enforce the law, and keep us safe. Deputy Gardiner serves on the day shift, along with Deputy Mark White (on the afternoon and evening shift) and Deputy Kim Snyder (on the graveyard shift).

Deputy Gardiner has two sons and he has a two year old grandson who lights up his life. His hobbies are sports and teaching self defense classes.

Thank you so much, Deputy Aaron Gardiner, for your professionalism and your service to this community.

THUNDER VOLLEYBALL - TEXAS

@ The Gym, 2325 Atascocita Rd. Humble, TX (across from Lindsey Lyons Park)

TTVC 2011-12 USAV SEASON TRYOUTS

Saturday, September 17, 2011
 Ages 13 & Under: 10:00-12:00 pm
 Ages 14(Grade 8): 12:15-2:15 pm
 Ages 15 & 16: 2:30-4:30 pm
 Ages 17 & 18: 4:45-6:45 pm
 (Age as of September 1, 2012)

**PARENTS MEETING AT BEGINNING
OF EACH AGE GROUP TRYOUT**

REGISTRATION BEGINS 30 MINUTES PRIOR



Individual Drill Sessions:

SUNDAYS: June 5-October 30
 Elem./Middle School All Skills:
 4 - 6 PM

High School & High Performance Players:
 5:30-8 pm

FEES: \$25 / 2hr session or \$100 / 5 sessions

VOLLEYTOTS

Introductory Level Training
for Ages 4-8

Middle School Camp

Grades 4-8 (2011/12)
 August 15-18 (\$150)
 1:00pm-5:00pm

TRAINING INCLUDES:

- Individual Skills
- Team Drills
- Conditioning
- Nutrition
- Recruiting Process
- Tryouts Preparation



For Information, call 281-359-TTVC (8882)
 Registration Forms: Visit front page of Website: www.ttvc.net
 Director's Cell: 281-639-0239 clubdirector@ttvc.net

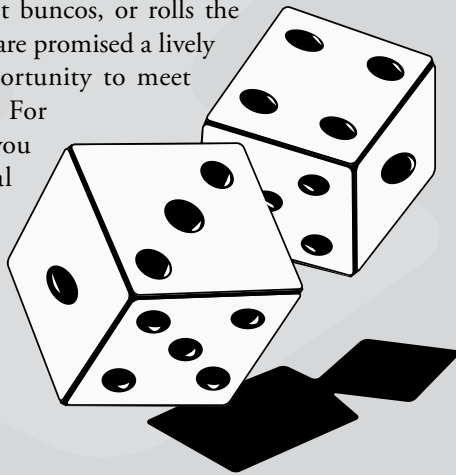
BUNCO CLUB *Invites New Members*



Ladies of Summerwood, you are invited to come and join Summerwood Bunco! Bunco is a very popular dice game, it is loads of fun, is certainly a great way to get to know other ladies in our community, and it is a very easy game to learn!

This group meets at the Summerwood Resident's Club Central on the first Tuesday of every month at 7pm. Come and roll the dice with us. You are asked to bring \$11 for the kitty, and also bring a simple snack food, finger food, or dessert of some kind ...and you will be all set for an evening of conversation, laughter, and competition.

At the end of the evening cash prizes are awarded for the person who wins the most games, loses the most games, rolls the most buncos, or rolls the most wipeouts. You are promised a lively evening and an opportunity to meet many new friends. For more information, you can contact Crystal Doherty at cddboss@yahoo.com.



*Do You Have Reason
to Celebrate?*

We want to hear from you! Email

summerwoodnewsletter@gmail.com to let the community know!

Memorial Hermann Northeast Welcomes Orthopedic Surgeon Joshua T. Woody, M.D., to the Lake Houston Area



Orthopedic Surgeon
Joshua T. Woody, M.D.

Memorial Hermann Northeast Hospital is proud to introduce Joshua T. Woody, M.D., who specializes in orthopedic surgery of the upper extremity, fracture care and joint replacement.

A native Texan, Dr. Woody is a graduate of Trinity University in San Antonio, where he was elected Phi Beta Kappa and graduated in three years with a degree in chemistry with honors. He attended Baylor College of Medicine in the Texas Medical Center and completed his orthopedic surgery residency at The University of Texas Health Science Center at San Antonio.

Dr. Woody provides the full spectrum of both nonoperative and operative treatment of all musculoskeletal conditions of the spine, upper extremity and lower extremity. He has extensive experience in reconstruction and joint replacement of the shoulder and elbow. He completed a fellowship under the guidance of three world-renowned surgeons - Charles Rockwood Jr., M.D., who pioneered shoulder replacement techniques; Bernard Morrey, M.D., who is the world expert in elbow reconstruction and replacement; and Michael Wirth, M.D., an internationally recognized expert in total shoulder replacement.

Dr. Woody also has considerable experience in the care of fractures, and has experience as an attending physician at a Level I trauma center.

Dr. Woody joins orthopedic surgeon Theodore Shybut, M.D., as a team physician for Humble ISD Athletics, with responsibility for Atascocita, Humble and Summer Creek high schools.

Drs. Woody and Shybut use the latest technology to provide the least-invasive treatments possible. Their goal is to provide the treatment needed to return their patients to a safe and active lifestyle.

Visit memorialhermann.org/northeast and select "Orthopedics and Sports Medicine" for more details about our comprehensive orthopedics and sports medicine care.

Theodore Shybut, M.D.,
and Joshua Woody, M.D.
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4th of July Parade & Picnic

Was so much fun! We had a fabulous turnout with over 50 participants decked out in their finest Red, White, and Blue for the Parade. Parade winners were awarded \$25 gift card to Toys R' Us, except the pet category...our winning pet received \$25 to PetsMart.

WINNERS ARE:

Bike: Nathan G.
Stroller/Wagon: Daphne V.
Power Wheels: Mason H.
Pet: Beemer
Costume: Alexis V.

Congrats to all of our winners and participants on the wonderful decorations!

Cub Scout Packs 474 & 922 were on hand to lead us in the Pledge of Allegiance and offer up some tasty lemonade and water to keep the heat at bay. When residents weren't eating the yummy ice cold watermelon provided by H-E-B Summerwood, they were having a blast with all the games on the great lawn, the mini-ferris wheel, laser tag, and Texas sized Twister!

Holy Trinity Episcopal School provided several volunteers to help with the crafts and tattoos. I would also like to thank Bryanna V., Johanna, Scott and Katy M. for all their help as well! Without the volunteers, the events would not go as smoothly!





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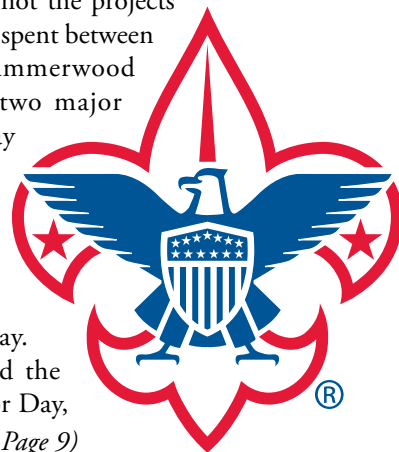
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Boy Scout Troop No. 1922

Announcing Boy Scout Troop No. 1922 We are pleased to announce Summerwood Boy Scout Troop #1922, formed in April 2011. When one hears the term Boy Scout, one might think of a boy in a crisp uniform helping a little old lady cross a street. Well Summerwood ladies, troop #1922 has got you covered. Summerwood now has a Boy Scout troop to call our own. Scouting is arguably one of the most successful youth programs in America. Scouting encourages fun and adventure while fostering core values of friendship, loyalty and honesty. Scouting teaches self-reliance, strength of purpose and conviction of character, traits, which hopefully carry one through anything. Scouting will strengthen our Summerwood community and we hope in turn the Summerwood community will embrace our scouts. Concern for neighbors, helping others and personal responsibility are ethics that bring us together as Americans. Troop No. 1922 would like to thank those individuals and organizations, which have been so valuable to their launch—specifically their Charter Organization, Lakeside United Methodist Church and their “Parent Troop” No. 1377 in Kingwood. The troop also received a generous jump-start donation from an anonymous donor and will be able to purchase a trailer and other necessary camping equipment. The troop will have had a first meeting and will have had their first

adventure to Buffalo Trails summer camp in July. The troop will be camping or going on another type of exciting outing once a month. They will be meeting on Monday evenings at Lakeside Methodist Church. Troop No. 1922 currently has ten Boy Scouts and will bring on ten more next March when the Cub Scout Pack 922 Webelos cross over to Boy Scouts. All boys from the sixth grade to eight-teen years of age are welcome to join. Equally important to this young troop will be active parents, currently sixteen strong. One of the most valuable aspects of Scout activities are not the projects themselves but the gift of time spent between a scout and his parents. Summerwood Troop No. 1922 will have two major fundraisers: The Flag Display and a Bowling Tournament at Max Bowl. Summerwood Troop 1922 will be coming around the neighborhood and taking orders this August and September for flag display. The cost is \$30 per year and the scouts will place flags on Labor Day,

(Continued on Page 9)



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Boy Scout Troop No. 1922- (Continued from Page 8)

Memorial Day, Flag Day, President's Day and Independence Day. Please consider showing your support. Max Bowl Troop 1922 Benefit Bowling Tournament will be held Saturday, August 20th from 10am until 12 Noon at Max Bowl on Wilson Road. There will be a silent auction and party after the tournament. Local Business Sponsorships are available. The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them the values of the Scout Oath and Law. For more information about Houston Area Boy Scouting you may visit www.SHAC.org For more information about joining or supporting Summerwood Boy Scout Troop No. 1922, please contact Committee Chair, Alice Harmon at (281) 458-0428.

Recipe of the Month GRANNY'S COLE SLAW

Ingredients

- ½ cup mayonnaise
- ¼ cup sugar
- 1 tsp. salt
- ½ tsp. celery seed
- 2 T. vinegar
- ½ head cabbage, shredded

Mix mayonnaise, sugar, salt, vinegar, & celery seed. (May want to adjust to taste.) Shred cabbage. Mix with dressing. Is better make several hours ahead.

Enjoy!

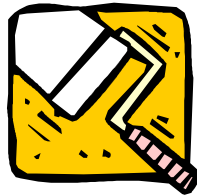
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CENTRAL & EAST POOL SCHEDULES

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 – Fri7:00am – 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**

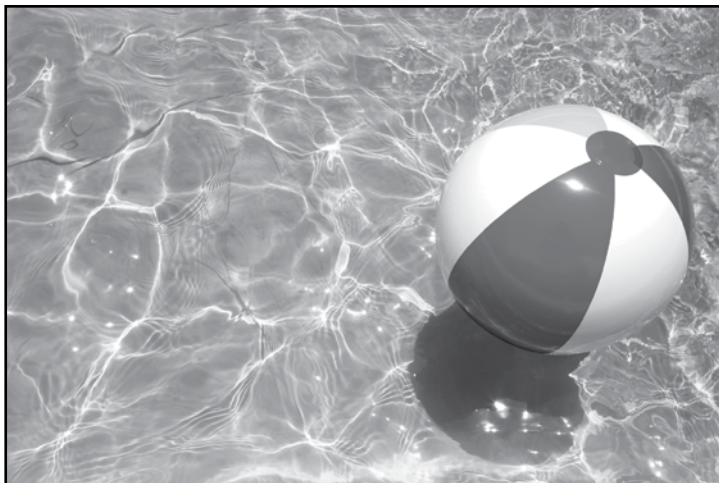
EAST POOL

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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PETiquette Reminder!

With warmer months here, it is time for our 4-legged friends to enjoy the sunshine in Summerwood, too! Here are some reminders about rules and safety for the dogs that live in Summerwood!

1. Always keep your dog on a leash
2. Always carry a 'waste' bag and pick up after your dog
3. Always bring your pets indoors by 10pm- no barking allowed!
4. Remember to carry water and avoid walking during the middle of the day
5. Make sure your dog receives monthly flea, mosquito & heartworm medicine

Make sure your dog(s) enjoy Summerwood as much as you do!

Teenage Job Seekers

BABYHOUSE PET YARD						
NAME	AGE	SIT	SIT	SIT	YARD	PHONE
Doe, Jane	15	✓	✓111-1111
Doe, John	13	✓	✓	.111-1111

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ATTENTION TEENAGERS: The Teenage Job Seekers listing service is offered free of charge to all Summerwood teenagers seeking work. Submit your name and information to summerwoodnewsletter@gmail.com by the 8th of the month!

Will My Child Be Ready for Elementary School?

Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor,

social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.

- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.

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Going 100 Percent Organic Not Feasible?

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

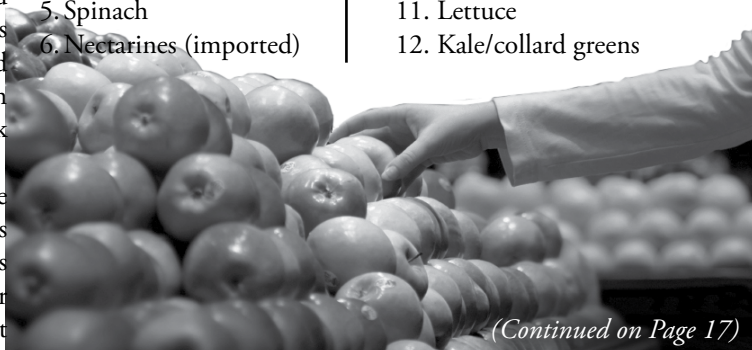
The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list


offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|--------------------------|----------------------------|
| 1. Apples | 7. Grapes (imported) |
| 2. Celery | 8. Sweet bell peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries (domestic) |
| 5. Spinach | 11. Lettuce |
| 6. Nectarines (imported) | 12. Kale/collard greens |



(Continued on Page 17)



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Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign www.poolsafely.gov


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Going 100 Percent Organic... - (Continued from Page 16)

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

- | | | |
|---------------|--------------------------|--------------------|
| 1. Onions | 6. Sweet peas | 11. Cabbage |
| 2. Sweet Corn | 7. Mangoes | 12. Watermelon |
| 3. Pineapples | 8. Eggplant | 13. Sweet potatoes |
| 4. Avocado | 9. Cantaloupe (domestic) | 14. Grapefruit |
| 5. Asparagus | 10. Kiwi | 15. Mushrooms |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

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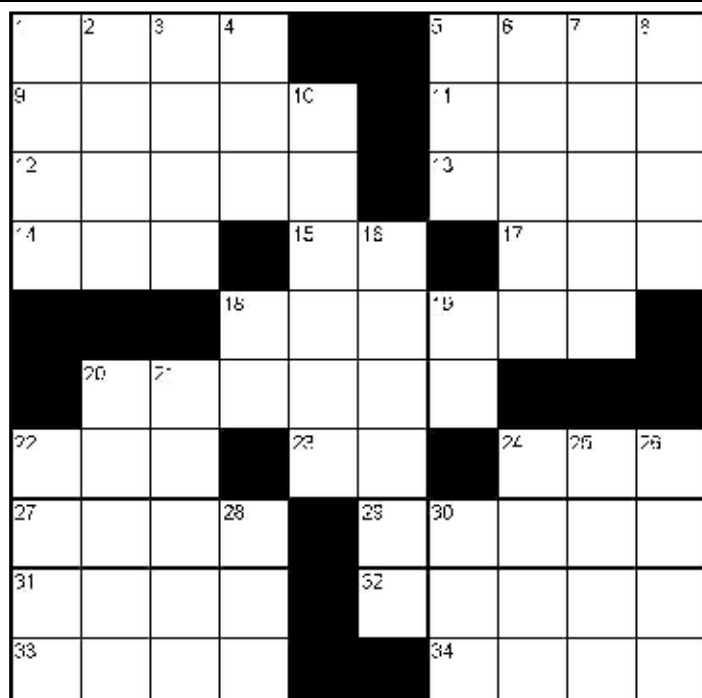
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ACROSS

1. Tack
5. Giant
9. Philippine dish with marinated chicken or pork
11. Journalist's question
12. Tiny insects
13. Cut of beef
14. School group
15. South
17. United States
18. Bottle need
20. Upset
22. Cow's chow
23. Year (abbr.)
24. Computer makers
27. Brews
29. Sleep disorder
31. Parent teacher groups
32. Strong rope fiber
33. Bend
34. Decorative needle case

DOWN

1. Incline
2. Change
3. Small particle
4. Compass point
5. Night bird
6. Body snatcher
7. Cultivate
8. Volcano
10. Change into bone
16. Musical productions
18. Canadian prov.
19. Palladium (abbr.)
20. Many
21. Perfect
22. Captain (abbr.)
24. Institution (abbr.)
25. Swain
26. African country
28. Fast plane
30. Pastry

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