

SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

YARD OF THE MONTH DECEMBER 2011

Submitted by: Celine Wilson

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

**CHARTLEY FALLS
THE BURMAN/LONG FAMILY**

**CASCADE CAVERNS
THE LEMMAN FAMILY**

Both yards were recognized for their Fall decorations and beautiful landscaping. Both Winners will have a "Yard of the Month" sign displayed in their yard for the month of December. 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.

We look forward to hearing from you!
The Summerwood Beautification Committee



14210 Chartley Falls



16327 Cascade Caverns

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

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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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Solicitors Not Welcome!

Are you annoyed by the persistence of solicitors' unwelcome knocks on your door? It seems like no matter what we do, they always manage to show up on our front porches. They come with fliers, door hangers, a rehearsed speech and the distinct ability to ignore the no soliciting signs posted in our neighborhood.

Nice subdivisions such as ours are particularly easy, frequent targets of solicitors. Part of the appeal is that population density makes our community an easy environment for them to canvas, and because of this, finding a way to keep solicitors away can be invaluable.

The simplest way to deter solicitors is by posting a small "No Solicitors" sign beside your doorbell or in your front window. If you get knocks on the door anyway, you also can ask solicitors to leave the community. If they tell you that they have a license or permit of any kind just know that will not be true as these are not issued in our area for solicitors. You can tell them the community has nuisance restrictions and there are legal ramifications for violating them. Actually a visit from a solicitor is more than just an annoyance as they often have ulterior motives, such as fraud, canvassing a home to commit a crime or other unseemly behavior.

If a solicitor rings your doorbell DO NOT open your door to them, and of course never buy goods or services from them. Tell them that because of the no soliciting ordinance in Summerwood and that you are going to call the sheriff deputy on duty. If you can see them through a window or the glass in your door, get the best description of them that you can including what they are wearing, what product they are peddling, and what direction they go as they leave your home. Then call the Harris County Sheriff's Office Non-Emergency number at 713-221-6000 and press option 1 to report them as a suspicious person. After providing the information that you have, let the dispatcher know to contact the HCSO contract deputy on duty in Summerwood for the fastest response.

So stay safe, keep your sanity and do your part in discouraging solicitors from trolling our community. If we do not respond to them or buy from them there will be no point for them to keep returning for our business.



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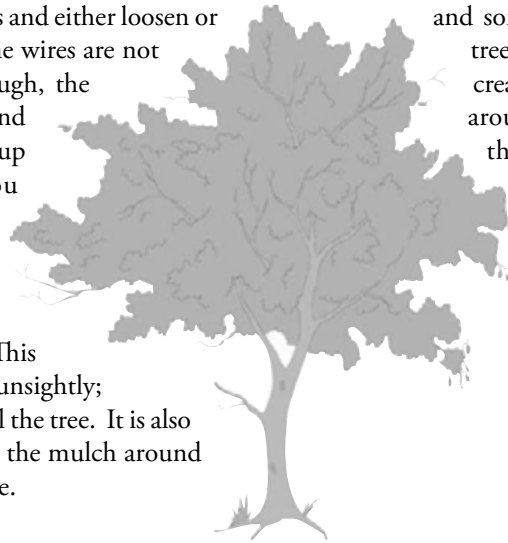
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PREPARING LAWN & TREES FOR WINTER

With fall upon us, it is time to think about preparing our lawns and gardens for the winter. For our St. Augustine and Bermuda and Zoysia lawns, we recommend using a "Winterizer" type fertilizer with an N-P-K ratio of 8-12-16. Make sure that the product is labeled as a fall or winter fertilizer. This type of fertilization will allow the plants to better store carbohydrates in their roots and stems for use during the dormant winter months. You will notice some greening of the lawn this fall and a faster green-up in the spring. Pre-emergent herbicides are also recommended. The pre-emergent herbicide is like a preventative solution for weeds. It blocks the weed seeds from germinating, and it will keep your lawn from having ugly winter weeds. This product should not be used if you plan to over seed your lawn with rye grass.

For our trees we recommend using the cooler temperatures to get outside and familiarize yourselves with the trees in your lawn. The fall is a great time to check the tree stakes and wires and either loosen or remove them. If the wires are not loosened soon enough, the tree will grow around the wires and end up being girdled. You have most likely seen trees around the area with deep grooves around the trunk of the tree. This girdling is not just unsightly; it will eventually kill the tree. It is also important to check the mulch around the base of your tree.

Trees do not like to have mulch or soil built up over the root flare. The root flare is the area where the trunk transitions into the roots of the tree. Gently remove the mulch and soil from the base of the tree and use the mulch to create a saucer shaped ring around the tree. Leaving the mulch too high on the trunk will invite insects and disease to invade your trees.



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*Wishing everyone a
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December Crime Watch Tips SIMPLE SAFETY SUGGESTIONS

Put a can of wasp and hornet spray near your door, office desk, bed, etc. It is inexpensive, easy to find, and more effective than mace or pepper spray. The cans typically shoot 20 to 30 feet; so if someone tries to break into your home, "spray the culprit in the eyes". Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that.

Remember to carry your keys while walking to your car in a parking lot. The car alarm can work the same way there.

Submitted by Barbara Probandt

Summerwood Crime Watch Committee

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TIPS FOR CONSERVING WATER

Water conservation is an important issue for Summerwood during the months of drought that we have experienced. Here's how you can help:

KITCHEN/ UTILITY ROOM

Large appliances-washing machines and dishwashers consume the most water, so they are important places to start any water-conservation efforts.

- Set the water level on your washing machine to match the size of your load. Try to avoid doing frequent small loads; whenever possible, run the machine only when you have a full load.
- You don't need to rinse dishes before putting them in the dishwasher! No, really. Hand rinsing dishes under the faucet uses 15-18 gallons of water per load. If your dishwasher has a pre-rinse cycle, try using it instead of hand rinsing. If a dish or two isn't completely clean after the dishwasher cycle, finish the job by hand.
- Like the washing machine, only run the dishwasher when it's full. If you have only a few dishes, wash them by hand in a sink or basin-not under a running faucet. Use a second basin or dishpan for rinsing, or spray rinse all the soapy dishes at once.

SPLISH-SPLASH-CONSERVING IN THE BATH

After these major appliances, the bathroom offers the next biggest opportunity to save water.

- Make sure your toilets are all working efficiently. According to the American Water Works Association, the average American home loses 14 percent of all water used to leaks. (And, remember, the toilet is not a waste basket.)
- Keep your showers as brief as possible or turn the water off while shaving or scrubbing in the stall. Consider installing water-saver showerheads and faucets.
- When taking a bath, close the drain while the water warms up then adjust the temperature. Monitor the tub as it fills, and turn the water off at the half-way mark.

RUNNING HOT & COLD

There's nothing as refreshing as a cold drink of water, but don't let the faucet run to get it.

Chill a container of water in the refrigerator instead.

- Avoid running hot tap water over frozen food to defrost it; put it in the refrigerator the night before.
- Water conservation begins with each of us. If each resident makes a few simple adjustments in household routine, we can conserve thousands of gallons of water and save thousands of dollars each year.

WELCOME TO NEW HOME OWNERS

Few events in life are more exciting than buying your first home. We're glad you've chosen our community! You're now a member of our community association. We're proud of our association and trust it will contribute to the quality of your experience in our community. Here are a few tips and bits of information to help you make the most of community association living.

YOUR OWN SPACE

There's one important difference between renting and owning a home that you need to keep in mind. Unlike renting, your unit and its upkeep belong entirely to you. You're responsible for all maintenance for any part of your home that is used only by you or your family.

COMMON ELEMENTS AND ASSESSMENTS

The community has a number of common areas for our enjoyment and keeps them attractive and enjoyable. We share these areas and their expenses when we pay our assessments.

COMMUNITY RULES

Because residents share the common areas, it's necessary to have a few basic rules so everyone can enjoy the community. If you don't have a copy of the community rules, please check the www.summerwoodlife.com website for more information, or contact our management company, CIA Services.

MEMBERSHIP

When you bought your new home, you became a member of our community association. There are areas in the community where you can volunteer to help make Summerwood a wonderful place to live. Our community thrives because residents volunteer for committee assignments and eagerly get involved.

Please contact CIA Services for more information or if you have questions about the association at 281-852-1700.

Get involved-we need you.



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Get Back to Living With our comprehensive musculoskeletal program

When your muscles, bones, tendons, blood vessels, nerves and joints hurt, it affects quality of life. If you're dealing with a complex condition such as arthritis, tendonitis or osteoporosis, or trying to bounce back after a debilitating injury or joint replacement surgery, the Memorial Hermann Northeast Hospital musculoskeletal program offers comprehensive care to get you back to living on your terms.

The program features a comprehensive clinic in Humble, staffed by Memorial Hermann-affiliated, fellowship trained orthopedic and neurological surgeons. Using the newest technology, they help patients regain strength, mobility, flexibility and functional independence. Also on hand is a team of rehabilitation specialists who can guide patients to a safe and timely return to daily activities.

Joshua Woody, M.D., a physician affiliated with the program, is fellowship trained in shoulder and elbow surgery. He has extensive experience in joint replacement and complex reconstruction of both upper and lower extremities. He says, "Losing normal joint and muscle function, whether through a medical condition, trauma or prolonged repetitive motions, can be very frustrating. Our goal is to help patients return to work and the activities they enjoy, whether it's athletics or a stroll around the block."

Other physicians affiliated with the Memorial Hermann Northeast musculoskeletal program include Theodore Shybut, M.D., Shaun Weaver, M.D., and Albert Fenoy, M.D. The musculoskeletal team treats patients of all ages and is the preferred provider for Humble ISD student athletes. Non-athletes are also welcome and worker's compensation is accepted.

To learn more about the Memorial Hermann Northeast musculoskeletal program, please call 281.319.5900 or visit memorialhermann.org/northeast.

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WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease—many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

HANDWASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. ®

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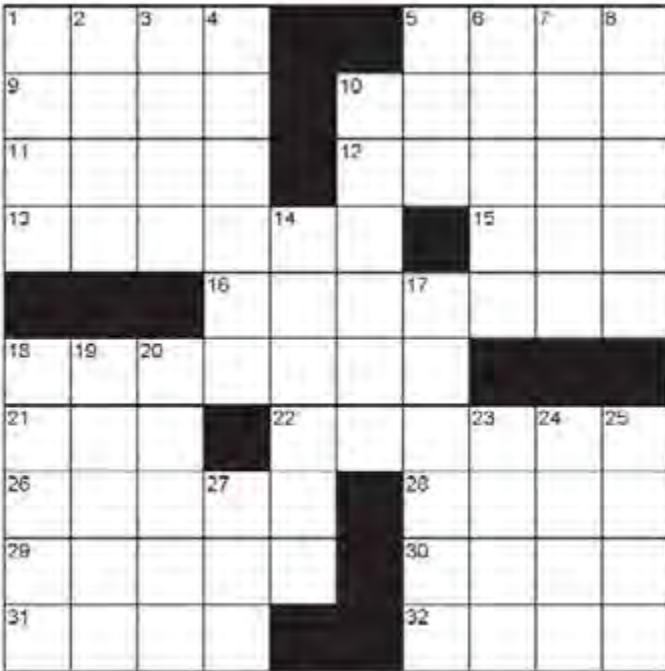
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18. Leafy green
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22. Esophagus
26. Woken
28. Goad
29. Type of tooth
30. Refer
31. Posttraumatic stress disorder
32. Sieve

DOWN

1. Nativity scene piece
2. Competition at the Greek games
3. Capital of the Ukraine
4. Symbol
5. Expression of surprise
6. Emblem
7. Pickle juice
8. A ball out of bounds (2 wds.)
10. Twist violently
14. Ripper
17. Strums
18. Slough
19. Ross ____, philanthropist
20. Gods
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24. Seaweed substance
25. Cabana
27. Blue

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HEALTH BRIEFS - DECEMBER 2011

ALLERGIES:

KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at Baylor College of Medicine offers some tips to help manage.

Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. It is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER AND SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor

of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.



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