official newsletter of the summerwood community association, inc.

Wonderful Winter Festival



WOW! What a turn out for our Annual Winter Festival. Many of you came out to visit with St. Nick and have some fun. Larry the camel had a great time giving everyone a ride. Who would have thought a camel in Summerwood! Santa came in jolly fashion riding on the horse drawn carriage before sitting down and taking LOTS of wish lists from the kids. Mudpie helped make some wonderful memories and beautiful keepsake cookie plates. And if all that wasn't enough to keep the kids busy, the petting zoo, games and crafts were lined up as well! A great time was had by all! Thank you so much to all of our volunteers and wonderful sponsors throughout the year, we couldn't do it without you!!









Copyright © 2012 Peel, Inc.

Summerwood Life - January 2012

IMPORTANT NUMBERS

Emergency Situations......911

FMF	RGEN	CYN	II IM	RFRS
	1/OF14	~ I I		DLIND

Harris County Sheriff's Dept. (Dispatch)	713-221-6000
Constable - Precinct 3	281-427-4791
Houston Fire Station #10514014 W. I	ake Houston Pkwy
Но	uston, Texas 77044
South Lake Houston EMS (Dispatch)	281-459-1277
Dead Animal Pick-Up (Precinct 1)	281-820-5151
Animal Control	281-999-3191
After Hours	281-221-5000

UTILITY SERVICE NUMBERS

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.)					

Public Utility Commission Consumer Hotline.. 888-782-8477

SUMMERWOOD MARKETING

SCHOOLS

Summerwood Elementary	281-641-3000	
Lakeshore Elementary		
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

RAINCO IRRIGATION SPECIALIST: Commercial & Residential. Backflow Testing, Drainage, Irrigation (Sprinkler) System, Design & Installation, Service & Repair, Rainbird -Hunter. Fully Insured. Lic. # 9004 & 9226. Call 713-824-5327.

GOT FOOD?

Submitted by Cassie Pfeifer Lakeshore Student Council Sponsor

Lakeshore Elementary students have been busy collecting non-perishable food items for the Humble Area Assistance Ministries (HAAM). Lead by the Lakeshore Student Council, the Leopards collected 2,000 food items! This is Lakeshore's third year to donate items for the holiday season. Great Job Lakeshore Leopards!



Pictured is the 2011-2012 Lakeshore Student Council.

Why choose Primrose for Pre-K and Kindergarten? Just ask a mom.

**Primrose taught my son things that are just being taught in kindergarten, but he knew them already – letter sounds, counting, math, addition, subtraction.

— Joseph's Mom, Primrose Parent

Primrose School at Summerwood

14002 W. Lake Houston Pkwy. Houston, TX 77044

281.454.6000 www.primrosesummerwood.com

Educational Child Care for Infants through Private First Grade and After School





Each Primrose School is a privately owned and operated franchise. Primrose, Primrose Schools, and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company. @2011 Primrose School Franchising Company. All rights reserved.

Top Reasons to Sell Your Home in the Winter

Aside from less competition, low borrowing costs give buyers incentive

We're getting close to the end of the year, which begs the question of whether it's worthwhile trying to sell your home now. Is it a waste of time? Will it sit on the market and become shopworn? Should I take my house off the market for the holidays? Will the home-sale market be better for sellers in 2012?

The first question you need to ask yourself is: Are you emotionally prepared to sell? Selling is a challenge for most sellers, although some markets are better than others. Unless you bought more than eight to 10 years ago and preserved your equity, you may not be able to sell for enough to pay off the mortgages secured against the property and the other costs of selling.

For sellers who have no additional assets, a short sale or foreclosure may be the only option. If so, first look into government programs that might help you out financially. Also, talk to your attorney and tax adviser.

Sellers who have the resources to make up the difference between the sale price and the amount they owe need to ask themselves if they are willing to pay the additional cash in order to sell and move on.

There are two reasons why you might prefer bringing cash to closing. One is that your credit will not be negatively impacted, as would be the case with a short sale or foreclosure. The second is that many buyers shy away from short sales because of the lengthy and uncertain process involved.

The next thing to consider is the condition of your home. Is it ready for the market? The most salable homes are those that are in move-in condition.

Before racing to the hardware store, ask your Realtor about how much competition there would be for your home if you put it on the market before the holidays. Some areas are shy on inventory of good homes on the market. If so, now could be a good time to sell.

HOUSE HUNTING TIP: The supply/demand ratio plays a significant role in the health of a local real estate market. No matter what is said about the housing market nationally, it's the local picture that tells the tale in terms of the possibility of selling your home at any given time.

Most sellers don't put their homes on the market during the last or first couple of months of the year. The inventory of homes for sale tends to dwindle during the winter months. Interest rates are low. So, if there are buyers in your local market, you may be at an advantage selling when most sellers are waiting.





Tracy Montgomery Your Neighborhood Realtor

713.825.5905 www.tracysoldit.com tracy@tracysoldit.com 20665 W Lake Houston Parkway Humble, Tx 77346

GREAT PRICES, FAST SERVICE AND QUALITY WORK LET US CUSTOMIZE **YOUR RIDE FOR:**

- SPRAY-ON BEDLINERS- 1 HOUR
- WINDOW TINTING
- AUTO ALARMS / DVD / STEREO
- **TOOL BOXES**
- WHEELS AND TIRES
- SUSPENSION LIFT AND DROP KITS
- NERF BARS & MUCH MORE



SERIOUS TRUCK ACCESSORIES SINCE 1986

Great Prices * Fast Service * Quality Work 12954 Beaumont Hwy 90 (Old 90) Houston, TX 77049 Only 10 minutes from Summerwood. Left on Beltway 8 to Tidwell Exit

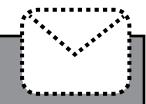
281-459-1917 www.brianstintshop.com

Thank You Very Much

Submitted by Barbara Probandt

A core group of Crime Watch Committee members and some of the most active block captains were honored on December 3rd at a "Thank You Very Much" breakfast at Manuel's Restaurant hosted by CWC chairman, David Myrick. The members pictured, as well as many other block captains and committee members throughout Summerwood, are essential in making the CWC communication/information system effective. Pictured are a few of those who were able to attend the holiday event. David added to the merriment with his seasonal shirt as he passed out door prizes for a few lucky members. The committee invites all residents to participate. Additional block captains and committee members are needed. The January Crime Watch meeting will be on the 10th at 7:00 PM at the central clubhouse on Summerwood Lakes Drive. For more information contact David Myrick at dmyrick1967@gmail.com





Go Green Go Paperless

Sign up to receive the Summerwood Life in your inbox.

Visit PEELinc.com for details.

The New Emergency Room Standard has been Set

PEARLAND

3115 Dixie Farm Road, Suite 107 FM 518 at Dixie Farm Road

281-648-9113

CYPRESS

17255 Spring Cypress Road, Suite A Spring Cypress at Skinner Road 281-304-9113

ATASCOCITA

19143 W. Lake Houston Parkway W. Lake Houston Pkwy at FM 1960 **281-540-9113**

txercare.com



Accredited by the Joint Commission of Accreditation of Healthcare Organizations for our commitment to excellence.

- Open 24 hours a day, seven days a week, 365 days a year
- · Physicians Board Certified or Board Eligible in Emergency Medicine
- · Licensed, free-standing emergency medical care facility

T E X A S EMERGENCY CARE C E N T E R

Any type of emergency, day or night. Ready or not...we are.

4 Summerwood Life - January 2012

Copyright © 2012 Peel, Inc.



Summerwood Elementary Adventures in Second Grade

Submitted by the Second Grade Teachers

Second grade students at Summerwood Elementary are very busy learning this year. We are so proud of our hard work and all that we have accomplished so far!

We are developing our mathematical skills by utilizing problemsolving strategies to solve number sentences with two digit numbers. We have learned how to use the number line, connecting cubes, and the hundreds chart. Our study of poetry is keeping our creative minds busy. We have expanded our knowledge of poems by composing different types including A-Z, haikus, and shape poems. Implementing the practice of rhyme, rhythm, and proper use of lines and stanzas, has helped us develop an appreciation for poetry. Through the observation and discussions of the properties of rocks we have become first class geologists. We now know where rocks come from and have compared different kinds of rock. Our higher level thinking skills are being put to great use as we learn how to inference and make predictions about what we are reading. We are reading detectives, as we look for context clues to help us make decisions about things not stated in the text.

Way to go, second grade superstars!!!





THANKS FOR ALL OF YOUR **BUSINESS IN 2011.**

> Happy New Year!

7571 FM 1960 E @ W. Lake Houston Pkwy • 281-812-6400 724 Kingwood Dr. @ Loop 494 • 281-358-2612

Book Your Holiday Vacation Now! Sailings from nearby Galveston!

Carnival - Royal Caribbean - Disney

Travel as low as \$75 per day* Deposits as low as \$200.

4 Day New Year's Eve Cruise on Carnival starting at \$519 per person*. \$200 deposit.

Book NOW for Disney Cruise Lines Coming to Galveston in 2012!

Sign up as a preferred customer and get a FREE GIFT! And receive more info on fabulous vacation specials!



Call Kathy or Mike Hewitt for all your vacation needs!

281-419-0141(office) or 832-473-2975(cell) www.WorldCruiseAdventures.com

*Prices per person, dbl occupancy, some restrictions apply, subject to availability. FST#ST36334/CST#2034468-40

<u>Thinking about..</u>

Alexis Sells & Sold in Summerwood. Call Today!







Alexis Walls Guillory ABR/CDPE/SFR

C. 832.527.7005 0.281.812.9706

E. TheCloser@Alexisgetsitsold.com

18455 West Lake Houston Pwky #250 Humble, Texas 77346

I am a CDPE Certified Distressed Property Expert. I offer free local moves to my clients! (Some restictions)

832.527.7005 | Alexisgetsitsold.com



FROZEN PIPE PREVENTION

Submitted by CIA Services

Freezing winds are hazardous to many homes in the Summerwood area which are generally built to handle the extreme heat experienced most of the year. Many homeowners have found that main water lines coming into a house have no wrap or insulation to protect them, just a tar paper, siding and drywall. Here are a few suggestions that may make the remainder of the winter less disastrous.

- Locate and identify main house water shutoff valve. Most homes have a main shutoff valve located in the garage at an outside wall, usually covered up by a plastic or metal faceplate. Open all faucets allowing the existing water to drain from the pipes. As soon as you detect you have a leaking water problem, shut off the water at the main shutoff valve to prevent further damages to drywall and carpet.
- If drywall or siding has to be removed to make the repairs to the pipes, then before the drywall is replaced, install pipe wrap and/or insulation to the area. Chances are that spot won't be a problem next time.
- Identify and cover attic air leaks.
- Most homes have attic vents and eave ventilation. Identify where air may be blowing directly on incoming pipes and wrap and insulate and pipes that may be problem spots.
- Wrap all exposed outdoor pipes.
- Outside water faucets and the incoming water pipe should be wrapped with pipe insulation.

These simple measures might save you extensive damages. If you expect freezing weather, especially if you plan on being away from your home, turn off the main water shutoff valve and open all faucets. These easy measures could prevent major damages as well as save you a lot of grief and money.

Stop That Barking!

Dogs left alone all day get bored and restless, and many find relief in barking. Some respond noisily to any and all activity. But, nothing is as annoying as incessant barking - even for dog lovers. If your dog is a "yapper" or a "yowler", please consider some of these bark-abatement ideas to keep the noise down in your area. Your neighbors will thank you!

- **Training.** Always the first recommendation for any behavioral problem! Help is as close as the Yellow Pages. Training not only helps your dog, but you'll be surprised how much it helps you, too. You may get some insight into why your dog barks so much, or what it is trying to communicate.
- Citronella collars. A humane alternative to the electric-shock, is an anti-barking collar and costs about the same. When your dog barks, a burst of all-natural citronella spray is emitted, which dogs find bothersome to their highly developed olfactory sense of smell. They are available on the web and in pet stores.
- **Confinement.** Simply bringing an outspoken dog indoors and confining it to a crate can cut down on the disturbance to neighbors.
- Reduce stimulus. Close drapes to help muffle street noise, or leave a radio on to mask it. Disconnect telephones and doorbells before leaving your home if they upset your dog or make it bark.
- Companionship. Dogs are pack animals; they
 need companionship-a cat, bird, or another
 dog. Consider a mid-day visit from a pet-sitting
 service, or drop your pooch off at a friend's
 place or a day-care facility once or twice a week.



SUMMERWOOD ELEMENTARY NEEDS YOUR HELP!

The Summerwood Elementary PTO has been working extra hard this year to make sure that the budget constraints currently faced by our school district have the least impact on our students. Now more than ever, we need YOU to partner with us to guarantee that our children receive a high-quality education!

Please consider sponsoring our annual **Summerwood Elementary Spring Carnival** on March 3, 2012. We are looking for businesses to donate money, goods or services in return for a unique marketing opportunity. There are 4 levels of partnership available to choose from, each with its own level of advertising for your business. In addition, businesses have the opportunity to purchase a vendor table for the carnival.

In order to advertise for you properly, all sponsorships and donations are due by February 17, 2012. For more information, please contact one of our PTO Co-Presidents, Mary Impelman at impelman@entouch.net or Aimee Williams at aimboat@gmail.com.

Summerwood Life - January 2012 Copyright © 2012 Peel, Inc.



Thank you for a Successful 2011!

Gver 40 closed transactions & \$5 Million + in Sales.

Best Wishes to all for a Prosperous 2012



Billie Jean Harris
RE/MAX East
713-825-2647 Cell
713-451-4320 Direct
bharris@remax-east.com
www.billiejeanharris.com



Wave Your Flag Proudly!

Summerwood Boy Scout Troop 1922 has kicked off their Holiday Flag Display Fundraiser!

The Boy Scouts of Troop 1922 are currently assembling flags to put out on President's Day, Memorial Day, Flag Day, Fourth of July and Labor Day. They will place the flags in your yard before 9:00am and take them down before night fall that same day. They do this all for \$30 per year. If you have not yet signed up to show your patriotism, fly the flag, and support your local Boy Scout Troop you are not too late. Call Alice Harmon, Troop Committee Chair at 281-458-0428.

Boy Scout Troop 1922, 12680 West Lake Houston Parkway Ste 510- 123 | Houston, TX 77044

NAME:		
ADDRESS:		
PHONE: (Home)	(Ce	11)
CHECK #	SCOUT #	Peel

(Please make checks payable to Troop 1922)

WINTERIZING YOUR HOME

Submitted by CIA Services

Now is the time to take preventive measures to protect your beautiful Summerwood home from cold weather. Even though severe cold weather conditions may only last for a short time, taking measures to guard against damages will cost you less now than in an emergency situation.

- Have your heating system checked for proper operation. A faulty furnace can be very dangerous. Gas furnaces should have the pilot lit and the system thoroughly checked by a qualified service technician.
- If electric space heaters are used, never use a unit with a frayed or worn electrical cord. Do not use an extension cord to operate a space heater. Never leave a space heater running in an unattended room.
- Window and door weather-stripping can keep air from escaping from your house. It is always a good idea to check to see if weather stripping is functioning well or you may find that it is worn and needs to be replaced. This will help keep both your heating and cooling energy costs down.
- Wrap all exposed outdoor & attic water pipes with pipe insulation.

Bashans Painting & Home Repair

Commercial/Residential Free Estimates



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

- · Custom Staining
- Roofing
- · Gutter Repair/Replacement
- · Faux Painting
- · Door Refinishing
- · Window Installation
- · Trash Removal
- · Ceiling Fan/Light Fixtures

References Available • Fully Insured NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

DWNER FINANCE

Summerwood

4391 Square Foot Custom Home No Bank Needed \$349,000

281.381.6683



Summerwood Life - January 2012 Copyright © 2012 Peel, Inc.



HEALTH BRIEFS + JANUARY 2012

IT'S OKAY TO SKIP YOUR WORK-**OUT, IN SOME CASES**

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back

off. Try using a heating pad or taking antiinflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

SOMETIPS TO REMEMBER INCLUDE:

- · Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

(Continued on Page 10)



SUMMERWOOD

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.



Health Briefs - (Continued from Page 9

HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness.Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

GETTHROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.





Presenting innovative back treatments, spine surgery and neurosurgery from our team of specialists.

It's time to start experiencing relief from your back pain with a personalized treatment plan from Memorial Hermann Northeast Hospital. Our affiliated neurosurgical spine team specializes in the treatment of all types of back pain. And, in addition to both minimally invasive and noninvasive treatments, we offer complex neurological surgeries that address a variety of spinal disorders.

We're experts in the treatment of:

Lower back pain
Degenerative disk disease
Herniated disks
Lumbar and cervical stenosis

For more information or a physician referral, call 281.319.8530.



memorialhermann.org



