

# SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.



## END OF SCHOOL PARTY

Residents Club Central

Saturday, June 7

10:00 am - 1:00

H.A.A.M. truck will be available in front of Residents Club Central until 1:00 p.m. or until full, whichever comes first. Please do not leave your items if the truck is not there to receive them.



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The system will ask you everything they need to know in order for the committee to make an informed decision so there is less chance for delay due to a return for more information. As soon as you submit an application, it will be in the hands of C.I.A. Services which will also speed up your process.

To complete your application, go to [www.ciaservices.com](http://www.ciaservices.com). Select our community under the Find My Community area and then click on Ask. Request. Submit. There you will be told everything that you will need to apply and as soon as you have gathered your information, you are ready to get started.

*(Continued on Page 2)*

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

Emergency Situations.....	911
Harris County Sheriff's Dept. (Dispatch) .....	713-221-6000
Constable - Precinct 3.....	281-427-4791
Houston Fire Station #105 .... 14014 W. Lake Houston Pkwy .....	Houston, Texas 77044
South Lake Houston EMS (Dispatch).....	281-459-1277
Dead Animal Pick-Up (Precinct 1) .....	281-820-5151
Animal Control.....	281-999-3191
After Hours.....	281-221-5000

### UTILITY SERVICE NUMBERS

Public Utility Commission Consumer Hotline ..	888-782-8477
Entouch Systems .....	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
AT&T.....	800-288-2020
CenterPoint.....	713-659-2111
Reliant Energy.....	713-207-7777
MMIA (Water District Operator).....	281-651-1618
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
Lakeshore Elementary .....	281-641-3500
Post Office.....	713-695-2690
4206 Little York, Houston, TX 77078	

## NEWSLETTER INFO

### EDITOR

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

### PUBLISHER

Peel, Inc. ....www.PEELinc.com  
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## DON'T WANT TO WAIT FOR THE MAIL

View the *Summerwood Life* online at [www.PEELinc.com](http://www.PEELinc.com).

(Continued from Cover)

As a reminder, all applications for swimming pools require a \$1,000.00 deposit. If you are applying for a swimming pool, please mail your deposit to the office at 8811 FM 1960 Bypass, Suite 200, Humble, Texas 77338.

If you have any questions, please contact C.I.A. Services at [CustomerCare@ciaservices.com](mailto:CustomerCare@ciaservices.com) or at 713-981-9000.

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## ***Yard of the Month May 2014***

The Summerwood Beautification Committee would like to congratulate the May Yard of the Month Winner!

### ***The Williamson Family of Castlecombe Drive***

The Williamsons will have a "Yard of the Month" sign displayed in their yard for the month of May, and 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 a neighbor, or even your own yard? The nominations should be emailed to [summerwoodnewsletter@gmail.com](mailto:summerwoodnewsletter@gmail.com) and must be received by the 8th of each month. Please include the name and address of the resident and submit a jpeg photo with your nomination.



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## SWE Fourth Grade Camp Write-Along

For several weeks following Spring Break, 4th grade students at Summerwood Elementary "attended" Camp Write-Along.

During these two weeks, classes wrote personal narrative and expository compositions while following the steps of the writing process. Many revising and editing games were played and enjoyed by students. Fourth graders earned badges as various modes of writing were reviewed.

On the last day of camp, campers had an opportunity to complete their writing, play games, and enjoy a s'more.

This is one of the annual events that occur at different grade levels. This immersion in writing was paired with a novel and enjoyable theme. These efforts by Summerwood teachers increase the motivation of students and help to create an atmosphere where learning is fun.



## Lakeshore Elementary 4th Graders Travel to Austin

*Submitted by,  
Kathy Pinnner, Coordinating Teacher, Lakeshore Elem.*

Fourth grade teachers at Lakeshore Elementary took their classrooms on the road to Austin with Education in Action's Travel, Explore, and Learn "Proud to be Texan" field trip, 3/5/2014. Students visited the Bob Bullock Texas State History Museum and the Texas State Capitol to experience what they are learning in fourth grade Texas History.

On the charter bus ride to Austin students discussed why Texans are so proud of their unique heritage and participated in activities and games in preparation for their visit.

In Austin the students visited the Texas State Capitol where their legislators, The Honorable John Whitmire, State Senator, District 15 and The Honorable Dan Huberty, State Representative, District 127 have their offices. Students saw first-hand where Texas laws are made as they toured the State Capitol including the Senate and House of Representatives chambers.

At the Bob Bullock Texas State History Museum students explored exhibits about Texas's earliest inhabitants, the Texas Revolution, and events that created our Lone Star identity. The students' visit to the museum concluded at the multi-sensory Texas Spirit Theater with the Star of Destiny where they saw and experienced the history of our great state including a gusher exploding from an East Texas oil derrick and the takeoff of Saturn V as seen from Mission Control at the Lyndon B. Johnson Space Center in Houston.



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## Summerwood Pool Committee & Swim Team Update

*Submitted by Lisa Stout*

As we start another pool season, we wish our residents a fun, refreshing and safe experience at our aquatic facilities. Please don't forget your sunscreen or your wristbands. The guards will let you in without sunscreen. But without wristbands....hmmmm not so much. Even President Obama will need a wristband to get into our pools.

Residents may obtain this year's wristbands on Wednesdays and Saturdays at the Central clubhouse or at CIA Services at the offices on 1960. Residents 3 years and up must wear wristbands.

We love our Summerwood teenagers but please tell them not to throw bikes or our furniture in our pools. Both will rust and we promise this behavior truly isn't cool. Seriously Dude. Don't run around the pool--no par-core over our lounge chairs and please, PLEASE DO NOT PROP THE GATES OPEN. Oh...and if people could refrain from feeding our ducks near the pool... and please the keep feeding across the street...or perhaps in KINGWOOD that would be AWESOME. (Incidentally, bread is not particularly good for them.) Please don't hop the fence and throw a party after hours because we have cameras in place to protect our Summerwood property. We're not afraid to publish party pics in the next Peel. Just saying.

### HERE ARE ANSWERS TO FAQ REGARDING THE SUMMERWOOD STINGRAYS SWIM TEAM:

1. If you are a summerwood resident, and your child is between the ages of 3 and 18 years and can make it across the pool unassisted, the Stingrays can develop your swimmer. Registration takes place between March and April every year. Visit [www.https://summerwoodstingrays.swimtopia.com](http://www.https://summerwoodstingrays.swimtopia.com) for more information.

2. Want to meet/bond with Summerwood neighbors? Spend Saturday mornings with them cheering on the Summerwood kids! The Stingrays will have time trials on May 10th and home meets on May 24, May 31st and June 14th.

3. The Summerwood Stingrays Swim Team is comprised primarily of Summerwood residents. Head Coach, John Dissinger,

is also the Head Coach for Summer Creek HS. The Stingrays is the ONLY NWAL (North West Aquatic League) team representing the area from Beltway 8 to the railroad tracks to along the WLH corridor. The Northwest Aquatic League, or NWAL, has become the 2nd largest summer league program in the nation with almost 100 teams and over 15,000 swimmers from ages 4 to 18. The core area of the league is located in northwest Harris County from Cypress to Humble but stretch as far West as Giddings, north to Bryan, and East to Crosby.

The NWAL season begins in early May and runs till the end of June. Teams are divided into a division with 5 or 6 teams and those divisions are in 1 of 4 regions. Some teams have as many as 350 swimmers while others only have 45 to 50 swimmers. The Summerwood Stingrays has about 200 swimmers. Typically each team has 5 dual meets and then a divisional meet on week 6. The season concludes with several invitational meets. Many of our Stingrays not only receive invitations to but also place in Divisional meets.

4. The Stingrays team pays a significant fee to the Summerwood HOA for exclusive use of the Central Pool facility during its practices and meets. For the convenience of the residents, the HOA opens the East Pool during these hours. EAST POOL is scheduled to open May 3 – June 6 from Tuesday – Friday during swim team practice, which will be from 4pm -7pm after school. On Saturdays and Sundays the East pool will be open 10AM-9PM. During the summer, Central closes for cleaning on Mondays and East closes for cleanings on Tuesdays. However in May BOTH pools will be closed for cleaning on Mondays.

5. Only Swim team members may be inside the gates during swim team practice and meets. No one is permitted in the Central baby pool at this time. We are sorry that this may inconvenience a few, but this per HOA contract. Again, we are making every effort to open East during this time frame. After school lets out, Swim team will practice at Central from 7AM – 10:30 AM.

***Both Pools will be open Memorial Day. Happy swimming!***

### SPECIALTIES

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He has written dozens of articles for orthopedic journals and regularly speaks at orthopedic conferences around the country.



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## WMS Students Participate in Trash Bash

The annual River, Lakes, Bays and Bayous Trash Bash has celebrated its 21st year. The Trash Bash event is held at 16 locations across the Houston/Galveston area and is coordinated by the Houston/Galveston Area Council and the Texas Conservation Fund.

The Woodcreek Middle School Christian Student Union and Fellowship of Christian Athletes participated in the Annual Lake Houston Trash Bash. The students helped clean up litter and debris around Lake Houston Marina located at McKay Bridge and Luce Bayou Camp. The event is coordinated by Jerrel Geisler of the City of Houston's WaterWorks Education Center and Department of Public Works and Engineering. For more information on the Trash Bash event and its sponsors visit:

**WWW.TRASHBASH.ORG**

## Summerwood Introduces New Pool Management Company

It's that time again! Summer is here and Aquatic Advisors would proudly like to introduce ourselves as the new pool management company. At Aquatic Advisors we take pride in keeping each community pool we manage safe, clean, and fun. We offer a broad range of services including swimming lessons, lifeguards for your pool parties, American Red Cross certifications and much more.

Our swim lesson program is level-based and starts beginners as young as three years old for group or private classes. Each level passed is rewarded with color coded bracelets to keep your child motivated! Swimming Sea Animals also offers "mommy and me" classes and adult swimming lessons. Registration for swim lessons are now open and can be found online at [www.swimmingseanimals.com](http://www.swimmingseanimals.com).

GuardHouston is our lifeguard branch which certifies and trains some of the best lifeguards in town. All lifeguards are American

*(Continued on Page 9)*

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(Continued from Page 8)

Red Cross certified in Lifeguard Training and CPR/First Aid. GuardHouston then trains each lifeguard in facility management, customer service, and pool policies. We are now hiring for the 2014 summer, and applications can be found at:

**WWW.GUARDHOUSTON.COM**

Aquatic Advisors is also who residents need to call in order to have pool parties scheduled at the community pools. We require (1) one lifeguard for every (20) twenty party attendees (swimmers and non-swimmers) for during pool hour parties. There is a (4) guard minimum for parties outside of pool hours that are held at the Summerwood East pool. There is a (3) guard minimum for parties outside of pool hours that are held at the Central Pool. Pricing, registration forms, party policies and rules can be found online at [www.aquaticadvisors.net/party](http://www.aquaticadvisors.net/party).

Aquatic Advisors is looking forward to a great summer! We love to hear your feedback and comments so feel free to contact us anytime. All pool-related information and more can be found on our website at [www.aquaticadvisors.net](http://www.aquaticadvisors.net) or give us a call at 713-609-9489

## Lakeshore PTO Expresses Gratitude

The Lakeshore Elementary PTO appreciates all the community support for our 4th Annual Community Carnival held on March 22nd. An event of this scale would not have been possible without the assistance of our generous sponsors, volunteers and attendance from all the families that came. The school staff and PTO members were amazed at the outpouring of volunteers from outside the school family as well.

Thank you to ALL that helped! The partnership between Kids R Kids and Summercreek Baptist Church continues to be strong. This year the PTO more than met their financial goals to assist Lakeshore Elementary students and staff but also a \$6,000 contribution was provided to Helping a Hero (<http://www.helpingahero.org/>). Again thank you for the support and we hope you are able to attend again next year!

*Carrie Labani*

*Lakeshore Elementary Carnival chair*



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## What's Going On at Lone Star College Atascocita Center

**An Open House is scheduled on Tuesday, May 20 from 5-7pm. This provides an opportunity to learn about all the educational opportunities close to home. Stop by and check us out!**

We are hiring part-time faculty in the following disciplines: History, Biology, Speech, English and Government. Visit [www.lonestar.edu/jobs](http://www.lonestar.edu/jobs) and type Atascocita as keyword search. Most positions will begin in August.

Get a jump start on your college career! Summer college classes begin June 2nd for Summer Term 1 and July 10 for Summer Term 2.

Discovery College for kids is now expanding to 4 weeks, and day camps are available beginning July 7. Register early to get a spot! View the schedule and descriptions at [lonestar.edu/Atascocita](http://lonestar.edu/Atascocita)

Call 832/775-0800 or visit [lonestar.edu/Atascocita](http://lonestar.edu/Atascocita) for more information.



## Loftland returns to Lakeside Church

The band Loftland is playing a free concert on June 6, 2014 at Lakeside United Methodist Church. The pop rock quartet last played at Lakeside Church in April 2013. Currently performing nationally on their Shine a Light tour, the band will take a break from their schedule to return to Summerwood to help the local kids celebrate the beginning of summer vacation with the Summerblast Concert.

You can hear Loftland on Air 1, 103.7 FM, and purchase their music in the Apple iTunes store and LifeWay Christian stores.

The concert will be held at Lakeside Church, and is free to all who would like to attend. Doors will open at 6:30, with the band starting at 7:00. There will be a concession stand with drinks and snacks available for purchase. Attendees will also have an opportunity to buy Loftland merchandise and albums at the show.

Lakeside United Methodist Church is located at the northwest corner of the intersection of West Lake Houston Parkway and Broncroft Court at 14303 West Lake Houston Parkway.



## BUSINESS CLASSIFIEDS

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### *Classified Ads*

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

**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](mailto:summerwoodnewsletter@gmail.com)




# Fun at Summerwood Casino Night!

Once again, a very successful Casino Night was held at Club Summerwood on Saturday, March 15th. In addition to a very professional casino team, there was plenty of food for all and wonderful prizes. Thank you to our Summerwood activity director, Roxanne Bailey, for organizing the event and providing an evening of great fun for all who attended!





Su	Mon	Tue	Wed	Thu	Fri	Sa
						
4	9:00AM GENTLE YOGA 10:30AM LINE DANCING 		10:00AM ZUMBA 		10:30AM WEIGHT TRAINING 	
11	9:00AM GENTLE YOGA 10:30AM LINE DANCING 		10:00AM ZUMBA 		10:30AM WEIGHT TRAINING 	
18	9:00AM GENTLE YOGA 10:30AM LINE DANCING 		10:00AM ZUMBA 		10:30AM WEIGHT TRAINING 	
25	COUNTY HOLIDAY BUILDING CLOSED MEMORIAL DAY 		10:00AM ZUMBA 		10:30AM WEIGHT TRAINING 12:30PM HURRICANE AWARENESS WORKSHOP 	

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## LAKE HOUSTON LADIES CLUB MAY MEETING:

The Lake Houston Ladies Club will have their luncheon meeting on Tuesday, May 20, 2014 beginning at 10:00 a.m. at the Walden Country Club, 18100 Walden Forest, Humble TX 77346. Stein Mart will be sponsoring a spring style show featuring models from the club. The models' hair designs will be provided by Sherry Kitts of Glam Colour Bar & Salon.

Lake Houston Ladies Club is a social organization that welcomes new members from all surrounding areas to join and offers several avenues for individual interest. They include: Readers Choice, Bridge, Bunco, Mah Jongg, Lunch and Look, Movie Group, Girl's Night Out, Tea Time and Supper Club. Please join us. New members are always welcome. Please call Carol at 832-671-4475 for more information and for reservations call by Friday, May 16, by 5:00 p.m.

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## Reminder: Summerwood Residents Should Obtain City of Houston Alarm Permits

*Due to a Limited Purpose Annexation, authorized by the City of Houston, and as part of a Strategic Partnership Agreement with Municipal Utility Districts 342, 344, 361, and 412:*

Harris County will discontinue the issuance of new alarm permits for alarm sites located within the above-stated Municipal Utility Districts. Effective immediately, alarm permits currently active with the Harris County Alarm Detail, should NOT be renewed. Instead, alarm sites will need to obtain alarm permits from the City of Houston's Administration & Regulatory Affairs: See website: <http://www.houstonpermittingcenter.org/>.

The Harris County Sheriff's Office will still have the Summerwood Patrol Contract and will continue to proactively patrol & respond to calls for service in the Summerwood neighborhoods as in the past.

Please remember, if a residence has an alarm system, homeowners should contact their Alarm Companies and make sure all their information is up to date. This would be information pertaining to contact names, contact phone numbers, who the responding Police, Fire & other agencies will be and any phone numbers that may be applicable for those agencies.

Harris County Sheriff's Office  
Alarm Permit Enforcement

## PHOTO OF THE MONTH



Have you recently taken a great photo of your family enjoying the outdoors in Summerwood? Maybe you have taken a photo of one of our amenities or perhaps a particular landscaped area that you enjoy? We'd love to see your favorite Summerwood photo!

Please email it to: [summerwood.newsletter@gmail.com](mailto:summerwood.newsletter@gmail.com) and include your name and address along with a short paragraph about why the photo is your favorite. The winner will have his/her photo in next month's newsletter!

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## **Summerwood 2014 Events**

**Casino Night – Sat., March 15**  
**Spring Egg Hunt – Sat., April 12**  
**Spring Garage Sale – Sat., May 3**  
**End of School Pool Party – Sat., June 7**  
**July 4<sup>th</sup> Parade – Fri., July 4**  
**National Night Out – Tues., October 7**  
**Fall Festival – Sat., October 25**  
**Fall Garage Sale – Sat., November 1**  
**Winter Festival – Sat., December 6**

**For more information**

**visit the [Summerwoodlife.com](http://Summerwoodlife.com) website**

**Dates are subject to change.**

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### May is National Water Safety Month

**Ongoing:** Volunteers needed to stuff & distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

**Now-June 21:** Donate \$30, get a free Schlitterbahn ticket. [www.tinych.org/tickets](http://www.tinych.org/tickets)

**May 5th:** Otter Spotter Day Storytime at Backwoods Austin from 10:30am-11:30am

**Take our Water Safety Quiz.** [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)

Keep your children and families safe in, near and around all bodies of water.

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& HOT TUB  
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AT THE  
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# BLOOD PRESSURE

## TAKE CONTROL OF THE SILENT KILLER

High blood pressure, or hypertension, is sometimes called the silent killer because there are often no symptoms. That's why keeping track of blood pressure is one of the most important things a person can do to stay healthy, said doctors at Baylor College of Medicine.

Left untreated, hypertension, can cause organ damage over time, leading to heart attack, blindness, kidney failure or stroke, said Dr. Biykem Bozkurt, professor of medicine at BCM.

Some factors that are associated with hypertension are diabetes, family history of hypertension, being overweight, taking in too much sodium, drinking excessive alcohol and smoking. Generally a healthy reading is 120/80, and hypertension diagnosis is made at 140/90. People considered prehypertensive generally have readings that fall between 120/80 and 140/90. Doctors always check blood pressure as part of appointments and there are also many locations where blood pressure machines are available for anyone to have their pressure checked. Bozkurt advises talking to a doctor to determine if your reading is at a healthy level rather than taking the machine's reading at face value.

"For a relatively healthy person not suffering from any other illnesses, only a few lifestyle changes like diet modifications and exercise may be needed," said Bozkurt.



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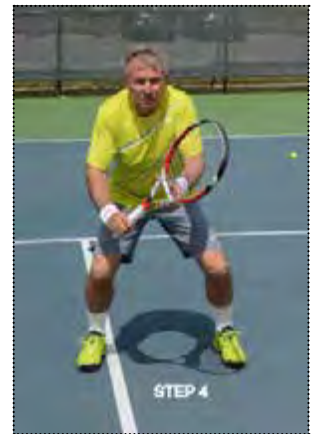
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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## How To Execute The Backhand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob, the one-handed backhand lob and the forehand drop shot.

In this issue, I will offer instructions on how to execute the Backhand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, he/she will most likely be off balance and will be forced to commit an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club,

shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

**Step 1: The Back Swing:** When Fernando realizes that the ball will landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is holding the throat of the racket.

**Step 2: The Point of Contact:** Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand pulling back to keep the center of gravity in the center and his weight is shifting toward his right foot.

**Step 3: The Follow Through:** The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening backwards and his eyes are following the path of the ball.

## **Empty Nest Chance To Chase Forgotten Dreams**

Middle age woes are hard enough to deal with, but throw in empty nest syndrome and it is a recipe for potential depression. Psychologists at Baylor College of Medicine in Houston say not to look at it as an ending, but as the beginning of a new stage in life with more time to travel, develop new hobbies, rediscover forgotten dreams and get to know your spouse all over again.

"Parents have channeled all of their energy into their children for so long they may not know what to do with their time once they leave," said Dr. James Bray, associate professor of family and community medicine at BCM.

Empty nest syndrome often leads to divorce, but parents should assume that leaving your spouse will make the unhappiness go away.

"Marriage takes time and energy, so make the effort to get reacquainted," Bray said.

Talk with friends to reevaluate goals and take note of some lifelong dreams you haven't had time to accomplish, said Bray. There may be more time to take dance classes, travel, exercise or go back to college to retool skills. The empty nest transition usually lasts six months to a year, depending on how well parents can adjust to their newly found freedom.



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## Update Your Bathroom in a Single Weekend

Could your bathroom use a quick fix-up? You can transform your dull, dated bathroom into a stylish, spa-like retreat with these DIY projects that you could tackle in a weekend:

**Recolor Your Scheme** – Freshen up your colors. Adding a new coat of paint or taking some risk with bold, striking wallpaper can miraculously transform any room. Don't forget the 60-30-10 rule!

**Contain the Clutter** – Add functional storage to help contain the bathroom mess that makes your space cramped and cluttered.

**Add Texture and Charm** – Use beaded board painted in a neutral color to add texture and charm to your bathroom.

**Fix Your Fixtures** – Replace dated light fixtures with new modern ones. If your style is more eclectic contract your modern fixtures with a vintage chandelier.

### **Still Struggling with Ideas?**

Check out one of my favorite FREE apps; "houzz". It is filled with fantastic ideas, pictures, and instructions to remake any part of your home.

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