OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.



Lake Anne

Saturday, August 13, 2016
8–11 a.m.
Four age categories (3–5, 6–9, 10–12, and 13–15)
You must fish the entire time and attend award ceremony in person.
Prizes include:

\$50 Visa gift card, tackle boxes, fishing rods REGISTRATION REQUIRED Register online at www. summerwoodlife.com

Manager's Corner

Porch and yard decor

We all love our homes and want to do all we can to enhance their beauty. For some, that means adding decorations to front porches or adding statues, figurines, or decorative pots to the front yard and flowerbeds. While you might want to display your collection of garden gnomes to the world in your front yard, show your love of whimsical metal art, or showcase some of your favorite statues, not everyone shares your enjoyment of these items.

In order to provide residents with the opportunity to add some decorative elements to their porches and front yards without letting things get out of hand, the Architectural Modification Guidelines give rules for these items. The guidelines require residents to have no more than two decorative exterior items, including on the porch and in the landscape beds. These items must each be less than 18 inches tall. Decorative planters and all flowerpots must be made of approved materials and have approved landscape materials in them. Remember that birdbaths and fountains are not permitted in the front or side yards, so please enjoy them only in back yards.

If you have been sent a letter regarding your decor, we ask for your cooperation. We know you will still enjoy those potted plants, frog statues, gazing balls, and other items in your back yard. Thank you for helping us keep Summerwood looking beautiful.

IMPORTANT NUMBERS

MANAGEMENT COMPANY

CIA Services	281-852-1700
cus	tomercare@ciaservices.com
8811 FM 1960 Bypass Road Suite	200, Humble, Texas 77338

EMERGENCY NUMBERS

Emergency Situations	911
Constable - Precinct 3	281-427-4791
Houston Fire Station #10514014 W. La	ke Houston Pkwy
Hou	ston, 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

281-225-1000
800-288-2020
713-659-2111
713-207-7777
281-651-1618
281-446-2030

MUD 361 (Wast Management).....1-800-800-5804

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

SCHOOLS

Summerwood Elementary	281-641-3000
Lakeshore Elementary	281-641-3500
Post Office	713-695-2690
4206 Little York, Houston, TX 77078	

NEWSLETTER INFO

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Be Sure Exterior Improvements Meet Guidelines

Are you getting ready to make an addition to your house or build a new shed or pool in your back yard? Before you break out the miter saw, make sure to get your plans approved by the Summerwood Architectural Review Committee (ARC).

The following list contains projects requiring approval; however, it may not be inclusive of all. If you are ever in doubt, please call C.I.A. Services.

- Air conditioning/heating
- Animal structures
- Arbor/pergola
- Basketball goal
- Carport
- Doors
- Driveway
- Driveway border
- Driveway extension
- Driveway gate
- Exterior paint or stain
- Fencing
- Flagpole
- Gazebo
- Generator
- Greenhouse

- Gutters
- Landscaping
- Mailbox
- Outdoor kitchen
- Outdoor lighting
- Patio (new, extensions, covers)
- Play equipment
- Roofing
- Room addition
- Siding
- Solar panels
- Solar shades
- Storage shed
- Swimming pool
- Walkway/sidewalk
- Windows/awnings/shutters

While it may seem arbitrary from an individual homeowner's standpoint, the ARC looks out for the entire community. Aside from stopping residents from painting pink polka dots on their houses, the committee's job is to make sure that the size and style of the project, the type of building materials being used, and the overall look of the new structure adhere to the association's design requirements. Not only does this keep the community looking cohesive, it also helps to keep property values up by preventing individual structures from standing out. Of course, it's also important to note that unapproved structures might legally have to be removed at the owner's expense, so save yourself money and headaches by getting approval before building.

So when you're ready to start your new project, or if the design of your project changes midway through building it, send your plans to C.I.A. Services first so that they can work with the ARC to can make sure you are in compliance with the association's design standards. If we find any issues, we'll let you know what they are and try to help you come up with alternative options. We appreciate all the hard work residents have done to make their homes and this community beautiful—help us keep this association looking great by keeping us in the loop of all your building projects.

Architectural Guidelines can be found by signing in to www. summerwoodlife.com, clicking on the Document Library tab, and then selecting Architectural Review Committee. For questions about the process, call C.I.A. Services at 281-852-1700.



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Lakeview Park: Summerwood's Best-Kept Secret

Have you heard about the best-kept secret in Summerwood? Well if you haven't, we want to introduce you to Summerwood Lakeview Park. At the end of Yaupon Holly Lane, where it turns into Eastern Redbud, you will come upon this beautiful park, which is for Summerwood residents' use.

Lakeview Park is a gated park that has something for everyone. Grab your access card or fob and go take a look! Do you like to fish? Or do you prefer a leisurely stroll? Whatever your interest, you can bet Lakeview Park can deliver. For those who have a fishing license, you are welcome to cast a line off the pier on Lake Houston. There are also two recently upgraded pavilions near the lake with a picnic table under each. You can enjoy a day out with the family, watch the sunset, or just relax. There is also a playground for children and a shaded walking path. I guarantee you will not be disappointed. Now go down there and bask in the delight of Lakeview Park!





Real Estate News: SUMMERWOOD



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SUMMERWOOD PHOTO OF THE MONTH

Regina Bailey of Chartley Falls Drive submitted this beautiful picture of her daughter talking to and feeding the ducks at Lake Meredith.

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 publish a favorite Summerwood photo!

Please email it to summer woodlife@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!





Comprehensive orthopedic care is within reach.

Saturday morning sports injury clinics will be open August 20 - November 19 from 8:30 to 11:30 a.m. at Memorial Hermann Northeast Hospital. Appointments are not needed, but you can make a reservation by calling 713.486.8600.

Medical Plaza 1 - Physician Office Building

18955 Memorial North Suite 400 Humble, TX 77338 On the Memorial Hermann Northeast Hospital Campus

memorialhermann.org/northeast



ADVANCING HEALTH

The 2016-2017 Woodcreek PTA Membership Drive has begun!

The new school year is right around the corner and we are excited to get started serving our teachers. The Woodcreek Middle School PTA Board would like to invite you to join the PTA.

We are looking forward to another great year. The 2016-2017 website is now ready to go with updated events and calendar information. Please beat the "Back to School" rush and visit our website today at wmspta.com to JOIN, update your information, volunteer, and/or donate.

Thank you for being involved in your community. We have some fun events lined up for August. Check it out at wmspta.com

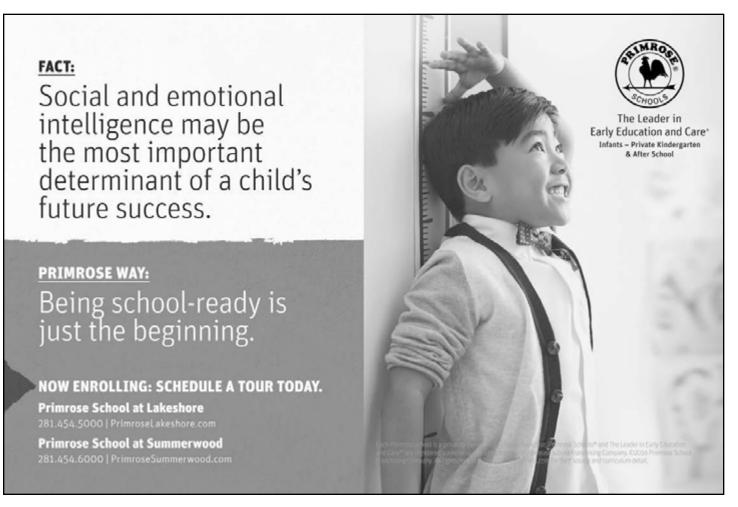
Wood Fencing Standards Must be Harmonious within the Neighborhood

All residents are encouraged to maintain, repair, and keep up the best appearance of their fences possible. No one wants to see fencing that is in disrepair and distracts from the beauty of our neighborhood.

Of course, there comes a time when wood fences need to be and should be replaced.

- When replacing a fence, it must be of like material and height, as
 originally installed by the builder, in order to maintain harmony
 with surrounding fences.
- Clear sealant is permitted.
- Paint, stain, or tinted sealant is prohibited. In order to prevent inconsistent color matches with the fences throughout the community, the application of any paints, stains, or tinted sealant is prohibited on any lot fencing. By prohibiting the application of any painted, stained, or tinted product, the fences maintain a more harmonious and consistent appearance throughout the community.

Architectural Guidelines can be found by signing in to www. summerwoodlife.com, clicking on the Document Library tab, and then selecting Architectural Review Committee.





Summerwood Residents Open Persona Wood Fired Pizzeria



Ten years ago, two Summerwood residents, Pete Fontano and Cris Garthe, became fast friends. With children close in age, they spent a lot of time together at church, school activities, and community sport programs. A few years later, two more, Dan and Thomas Stansel, would round out this group.

With a mutual love of sports, watching games together became the norm. During this time together, they discovered a common desire to start their own business. After many long nights with ideas, both good and not so good, they decided they wanted to open a new fast-fire pizza concept. They looked at a couple other national brands but couldn't find anything that would work with their limited finances and small group.

Shelving the pizza idea, they decided to open a Jimmy John's restaurant. After a long, eighteen-month real-estate search and buildout, their Jimmy John's store in Greenspoint opened in October 2015. While attending a franchise expo at NRG, they passed by the Persona Pizzeria booth. It was a brand-new franchise that was the classic Neapolitan wood-fired pizza concept. Everything looked great on paper, but without tasting the product, they were hesitant to commit. The decision was made to fly to the only store at that time in Santa Barbara, California, and try it. The product exceeded their expectations, and they knew they needed to jump on board. While in California, they finalized a deal to build five stores in Houston and bring the best pizza home to our community. They knew they wanted the first store to be close to home so they could share it with all of their friends and neighbors. The guys are excited to give back to the schools and community that have given so much to their families over the last ten years.

Persona Pizzeria opens in Humble, at Beltway 8 and Wilson Road, in July.



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A Sense of Community

Here are some of the highlights from the June 9, 2016 Summer Creek BizCom #31.

Dr. Guy Sconzo, Superintendent, Humble Independent School District

Dr. Guy Sconzo was presented with a gift from the Summer Creek Biz Com by Don Gaddy for his service to our school district and to our community upon his impending retirement.

Janis Schmees Burke, CEO, Harris County Houston Sports Authority

This summer, Houston will be the processing center for every USA Olympian on their way to Brazil.

About 15,000 athletes are expected for this summer's Junior Olympics at Turner Stadium.

Many preparations are being made in the Houston area for Super Bowl 51.

Master John Kurek, Chief Director of Operations, Chuck & Gena Norris' KICKSTART KIDS

This year KICKSTART KIDS will partner with Humble ISD to bring Chuck Norris' martial arts program and values to Woodcreek Middle School.

Matt Brock, Marketing & Leasing Representative, Fidelis Realty Partners

The grand opening of the West Lake Market Place is expected to be in November. It will house a new Kroger (scheduled to open in September) as well as many national brand stores, restaurants, and small business areas.

Michael Prats, Lake Houston Economic Development Partnership Houston is the largest city in the country in geographical area. Northeast Houston is transitioning into a residential and economic area.

We are strong in economic development with the rise in the level of production, advancement of technology, and improvement in living standards.

Upcoming Summer Creek BizCom Meetings

11 a.m. Thursday, September 8, and 11 a.m. Thursday, December

For information about BizCom meetings, visit www.lakehouston. org/bizcom-groups or contact Summer Creek BizCom Staff Liaison Johnston Farrow at 281-446-2128.

Don Gaddy

Summer Creek BizCom Chairman

A Project of the Lake Houston Area Chamber of Commerce





NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



61 Texas children have already fatally drowned in 2016

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LEARN more at www.colinshope.org



Best Foods & Fitness Matchups

It's a common problem: You're going for the final stretch, looking for that extra push to help you burn just a few more calories, but suddenly you're out of gas. You're not alone. "The muscles maximally absorb nutrients from food during the first 30 minutes after a workout," says Roberta Anding, M.S., R.D., national spokesperson for the American Dietetic Association.

What to do? Fuel up with the right stuff before you hit the gym, and don't forget a recovery meal post-workout. Try one of these winning combinations before your next workout, and see if you don't find that extra oomph you've been missing.

Weight Training + Protein: Combining a high-protein diet with strength training can help dieters lose more weight — and you lose fat, not muscle. Protein not only builds muscles but it also helps repair them after a workout. "The winning combination is typically four grams of carbs for every one gram of protein (think skim chocolate milk, energy bars, a turkey sandwich on whole wheat)," says Anding.

Long Distance Running + Carbohydrates: For long workouts, the performance edge goes to people who have the most glycogen (the stored form of carbohydrates). When you eat pasta or other starchy food, the body converts those carbohydrates into muscle glycogen for fuel. Hence the reason marathoners "carbo-load" the night before a big race. The trouble comes in when you eat more carbs than you need, because unused carbs can also be stored as fat!

Aerobics, Kickboxing and Spinning + Fat: For activities that involve repetitive joint action, monounsaturated fats from fish, nuts, seeds and canola, olive and peanut oils can help lubricate the joints while also providing high-quality protein to power you through a workout. An added bonus: These fats also reduce post workout soreness and stiff muscles.

Yoga and Pilates + Complex Carbohydrates: The fiber from whole grains and vegetables slows the digestion of food, allowing your body more time to absorb critical nutrients. And since most yoga and Pilates classes require fasting for two hours before class, the long lasting effects of fiber will help sustain you through a few hours without food.





Celebrating the Fourth of July

Retired Captain Mark A. Wrobleski of Blue Orchid Court celebrated the 4th of July with great patriotism! Thank you, Mr. Wrobleski, for your thirty-three years of service with the Harris County Sheriff's Office.











Independence Day Celebration

Thank you to all that came out and participated in the annual Summerwood Independence Day Celebration! This years' parade was the largest we've ever had! The participants, young and not-so-old alike, biked, rode and walked around Lake Anne in their most festive July 4th adornments. Next year we will add a costume category, so get your thinking caps on!

After the parade, the water "park" included a 22' water slide, a 10' water slide and of course the very popular foam pit! The 22' water slide was a new attraction this year and was a huge hit! It will be back!

Thank you to Renae Carr Photography for donating her time to come out and take these amazing pictures! You can find more photos on at www.summerwoodlife.com.

See you all at the next Summerwood community event! Thanks, Roxanne









SUMMERWOOD



















<u>SUMMERWOOD</u>[™]











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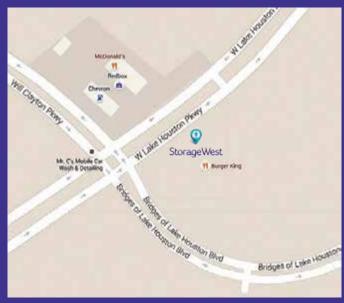






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