



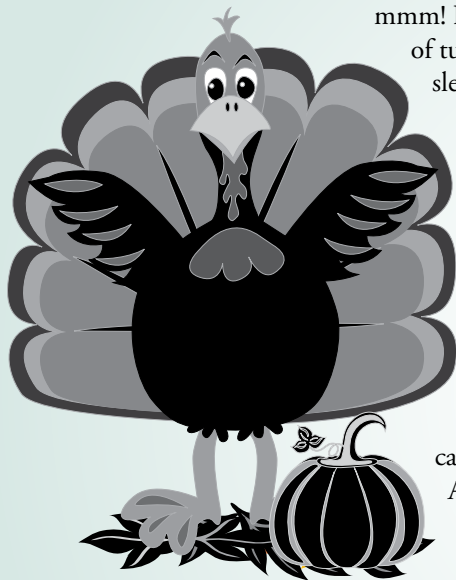
The Official Newsletter  
of the Lakes of Rosehill  
Homeowners Association

# The Rosehill *Report*

November 2010

Volume 1, Issue 5

*Happy  
Thanksgiving!*



This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

## DOES EATING TURKEY MAKE ME SLEEPY?

You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmmmmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

### THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if

it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

### BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

### AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

**REVIEWED BY:** Steven Dowshen, MD  
**DATE REVIEWED:** August 2009

# LAKEs OF ROSEHILL

## IMPORTANT NUMBERS

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Fire .....	911
Ambulance.....	911
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- Burglary & Theft .....	713-967-5770
- Auto Theft .....	281-550-0458
- Homicide/Assault .....	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence .....	713-967-5743
- Runaway Unit .....	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues .....	713-881-3210

### SCHOOLS

Cypress Fairbanks ISD Administration .....	281-897-4000
Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High .....	281-897-4600
Cy-Woods High School .....	281-213-1727
Goodson Middle School .....	281-373-2350

### OTHER NUMBERS

Animal Control .....	281-999-3191
Cypress Fairbanks Medical Center .....	281-890-4285
Harris County Health Department.....	713-439-6260
Post Office Box Assignment – Cypress .....	1-800-275-8777
Street Lights - CenterPoint Energy.....	713-207-2222
- not working (Report Number on Pole)	
Waste Management .....	713-686-6666

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## Fairfield Women's Club

Come join us November 16th to support our troops with Cypress Cares! Don't forget to wear your tennis shoes for your free Zumba Class! Bring samples of your favorite holiday recipe to share!

Bradford Creek Clubhouse 7-9pm!



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# LAKEs OF ROSEHILL



## *Fairfield DVA Cruise 2010!*

Over 150, Fairfield and Cypress women went to Mexico aboard the Carnival Ecstasy to Cozumel at the end of September. Organized by Sherri Taggart! A fabulous time had by all!

## FAIR FIELD FAMILY PHYSICIANS



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# LAKEs OF ROSEHILL

## CY-FAIR ISD & VOLUNTEERS IN PUBLIC SCHOOLS (VIPS):

### *"iVolunteer"*

"iVolunteer"! Do you? Or a better question would be "Do you want to volunteer?" And if the answer is "yes" or even "maybe", here's the perfect group for you. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

### *How to register for training*

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net). Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.

### *November & December 2010 Upcoming Events*

- **November 2: Sooper Puppy Training – 9:30 a.m. to 12 p.m., Berry Center**

Sooper Puppy is a first grade class series dealing with age appropriate life lessons, facing dilemmas and arriving at solutions by making good choices.

- **November 10: Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center**

Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.

- **November 11: VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center**

Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!

- **December 7: Multicultural Meeting – 9:30 a.m. to 12:00 p.m., Berry Center**

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.



## CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools; supports the Cerebral Palsy SIRE group, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International.

If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs.

For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Cowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See [www.kiwanishoustoncyfair.com](http://www.kiwanishoustoncyfair.com) for more information.

# Real Estate Market Report

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	ACTIVE	PENDING	SOLD Last 6 Mos
<b># of Listings</b>	8	1	11
<b>Price Range:</b>	\$325,000 \$499,500	\$379,900	\$285,000 \$450,000
<b>Average Price</b>	\$430,918	\$379,900	\$391,627
<b>Avg Price/sq.ft.</b>	\$103.59	\$94.03	\$99.47
<b>Avg DOM</b>	60	85	67
<b>High Price/sq.ft.</b>			\$107.25
<b>Low Price/sq.ft.</b>			\$91.29



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# LAKES OF ROSEHILL

## An American Holiday Tradition

Christmas is a time of joy, happiness, and goodwill. It is a time of giving and helping those who are less fortunate than us, especially impoverished children. For over half a century, one organization, the U.S. Marine Corps Reserve, is the unchallenged leader in looking after America's needy children at Christmas.

Though we know that gifts aren't the true meaning of Christmas, a child's expectation of a present from Santa is their innocent definition of hope. And, to try to bolster hope in our world is the least we can do. Do you remember counting the days until Santa arrived? Then, lying quietly in your bed on Christmas Eve hoping to hear reindeer on the roof? As adults, we cherish those memories, but for children waiting in their beds this Christmas, the worries of no presents under the tree can be all too real. Jobs have been lost and media reports continue to deliver



unfavorable news for many families and even the littlest children are frequently aware of the struggle to put food on the table.

The ultimate success of Toys for Tots depends on the support of the local community and the generosity of people, such as you, who help the U.S. Marines carry on the tradition of delivering toys to children who might otherwise be forgotten by donating toys and funds to purchase toys.

The Toys for Tots campaign in our area is being conducted once more by the Marine Corps League Tijerina Detachment #1295. This Detachment is named after and in

honor of James R. Tijerina, Katy High School Graduate, who died serving his country in Karma Iraq. All toys and funds collected remain in our local area. The toys are distributed through local assistance agencies and all families are screened and vetted. This year we are proud to include the children of our local military who are presently serving in Iraq and Afghanistan.

If you would like to participate, please drop off a new unwrapped toy in the one of the toy bins located at the following Fairfield locations: Fairfield Chiropractic, Fairfield Recreation Center, Jitterbug Cafe, Kids R Kids or RE/MAX. The collections bins will be set up from November 15 thru December 17, 2010. The ages of the children are from infant to 17 years of age (as long as the child is in school). If you have any questions, please feel free to call Kimberly Drake at 281-758-0936.

### 3rd Annual Christmas with Santa Jim

Join us as we celebrate the holiday season on  
November 21, 2010  
12:00 - 3:00 p.m.

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2010  
Christmas

# LAKEs OF ROSEHILL

## SOUNDS OF CYPRESS BAND

*Wanted! A Few Good Musicians!*

The Sounds of Cypress Band, formerly known as the Cy-Fair Community Band, is producing beautiful sounds, having fun as a group, and seeking new members who just love to play music. So dust off your musical instrument and come out for practice on Tuesday nights at 7 p.m. at the Lone Star College College-CyFair campus in the Fine Arts Building.

The Cy-Fair Community Band was initiated about three years ago, with approximately five or six musicians coming together to explore their common interest in music and their enjoyment of playing together. They have grown to 33 members who just love to play music and share their talents for the enjoyment they get from playing. They have evolved into an accomplished group of band

members and have recently changed their name to Sounds of Cypress. DeeDee Flores is director of group. By day she is a band director at Plummer Middle School. Her ability has led the group to develop polished performances which they are anxious to share.

This accomplished group is ready to perform for group events. They have a great programme of musical selections. Also, they can tailor their selections to the interests age of your group. Children, teens, and adults will enjoy the music of the Sounds of Cypress Band. For more information, email the director, DeeDee Flores at [ddfex@aol.com](mailto:ddfex@aol.com) or call her at 713-410-8051.

*Stork Report  
in Lakes of  
Rosehill*



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## Electricity is **ON SALE** at StarTex Power!



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# LAKEs OF ROSEHILL

## BASEBALL TRYOUTS!

*9U Texas Tigers select  
baseball team is now forming!*

We will hold tryouts in November 14th & 15th. Must attend both sessions to be considered. Consult website for time and location.

Shortly after the team is announced, we will begin an 8 week training period in preparation for the Spring 2011 season.

Please consult the website for all up-to-date information and to register for the tryouts.

Looking for serious baseball players with the athletic ability, commitment and determination to excel.

[www.texas-tigersbaseball.com](http://www.texas-tigersbaseball.com)



## Cy-Fair ThunderCats Baseball Tryouts

*9U Elite (AAA)*

We are looking for talented serious players for the upcoming Spring 2011 Season.

Our core has been playing together for five seasons and are a professionally instructed team. Please contact us via email for an individual tryout date and time and also a workout with the current team.

You may visit our website [www.cy-fairthundercats.com](http://www.cy-fairthundercats.com) for more additional information about our organization.

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## Aggie Mom's Club Meeting

*Tuesday, November 9th, 2010*  
*"Study Abroad Opportunities"*

Making the most of your Aggie experience is what our November meeting is all about. All Aggie Moms are invited to join us on Tuesday, Nov. 9th at 7 pm when Jane Flaherty, Director of the Study Abroad Program at Texas A&M University, will speak to the Northwest Harris County Aggie Mom's Club. Jane Flaherty will discuss the wonderful opportunities that the Study Abroad Program provides for Aggie students, the numerous study abroad programs available, and how to get started on the process. Learn how studying abroad can enhance each student's learning experience, help students develop wonderful lasting Aggie friendships, and earn college credits all at the same time. The Texas A&M Study Abroad Program offers diverse types of programs year round in countries around the world. Aggie students who study abroad will experience the history and culture of other countries, as well as educational and research activities related to their field of study.

The NWHC Aggie Mom's meeting will be held at the Houston Distributing Company at 7100 High Life Drive, Houston, TX 77066, located near Willowbrook Mall off Cutten Road. Refreshments and a casual social time starts at 7 pm and the meeting begins at 7:30 pm.

NWHC Aggie Moms will be hosting their 8th annual China Luncheon and Style Show on Saturday, October, 23, 2010. The luncheon will be held from 10:30 am to 1:30 pm at Lakewood United Methodist Church. Tickets are available for \$24/person and it includes a silent auction to support student scholarships. For more information please contact Cathy at 713-898-9820 or Robin at 713-705-2428.

Now is also the time to order Care Packages for Aggie students. The care packages contain goodies for the students to help them during finals and they are delivered Dec. 6th. The cost is \$18 and the deadline to order is 11/9/2010. For more information, contact Margaret at 281-357-4175.

For more information about these and other upcoming events, please go to our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Vickie Hamley at 713-466-4494.

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# LAKEs OF ROSEHILL



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Cypress Ranch High School, 10700 Fry Rd. Cypress, Tx. 77433  
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## Chili Cookers Wanted!

The Cy-Ranch High School FFA will be hosting its 1st Annual Chili Cook-Off on Saturday, December 4th, in the Cy-Ranch High School parking lot located off of Fry Road. A team of local judges will used to judge the chili; but for all you Chili Eaters, plan on coming by and tasting some Chili samplings from the hot and spicy to the mild and tangy and cast your vote for the perfect Texas Chili. Tickets for chili are \$5 each, four for \$15, and children ages 10 & under are free. Additional food and beverages will also be available as well as games for children and adults.

Registration is going on now for Chili Cookers. Additional information on registration and the cook-off rules can be found at: [www.CyRanchFFAboosterclub.com](http://www.CyRanchFFAboosterclub.com)

Chili cooking begins by 9AM and ends at 2PM. Judging will commence at 2:05PM. The Grand prize winner will receive \$500, 1st place winners \$100 per category, and 2nd place winners \$50 per category.



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ACTIVE	8	\$499,500 - \$325,000	\$118.39 - \$87.63	84 - 28
PENDING	1	\$379,900	\$94.00	85
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