

# The Rosehill

Janice Morris

The Official Newsletter of the Lakes of Rosehill Homeowners Association

August 2011

#### Volume 2, Issue 8

### LETTER FROM YOUR BOARD PRESIDENT:

As we all know, this has been a tough summer due to lack of rain. The Board has worked very hard with both contractors for the lake maintenance and landscaper to monitor and ration our water usage in an effort to not go over our permitted pumping allocation of 4.9 million gallons before our permit renews on September 1st. Going over our permitted allocation would mean that LOR would pay North Harris County Regional Water \$8975.00 for an amended permit as well as \$1.75 per thousand gallons, and paying Aqua Source for the water at their regular rate. The contractors have been reading the meters every Wednesday and providing the usage to the Board as part of this effort. It has been a very difficult job trying to balance the water usage against our rationing restrictions and our water permit. In the end, the continued drought has won and we are forced to pay these additional fees. Not amending the permit would have resulted in a \$25,000.00 fine and even higher rates per 1000 gallons pumps. There has only been one other year in the history of Lakes of Rosehill that this has occurred due to drought conditions.

The Board of LOR is pleased to report that the erosion repair work has been successfully completed. The erosion had occurred over a large area on one of the drainage ditches that empties into the large 17 acre pond at the back of the subdivision (lake 4), and was quickly eroding toward one of our residents property.

(Continued on Page 2)



### **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS**

EMERGENCY	
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Constable	
Sheriff - Non-emergency	713-221-6000
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- Auto Theft	
- 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

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Cypress Fairbanks ISD Transportation .	
Cypress Fairbanks Senior High	
Cy-Woods High School	
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Harris County Health Department	713-439-6260
Post Office Box Assignment - Cypress	. 1-800-275-8777
Street Lights - CenterPoint Energy	
- not working (Report Number on Pole)	
Waste Management	713-686-6666

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#### Message From President - (Cont from Cover Pg)

An engineering firm was hired to survey the affected area and write a scope of work. The scope of work and survey were then sent out for bid proposals to a number of qualified contractors. Champions Hydrolawn submitted the winning proposal and was awarded the contract. During the course of the work, the progress was inspected by the engineering firm to ensure that the repair was being completed as directed in the engineered scope of work. Per the periodic inspections during the course of the work, it was deemed to have been completed within all survey and engineered specifications. Please see the pictures of the job below.

The developer of the Lakes of Rosehill subdivision, Mike Walton, is working with Harris County for the acceptance of the balance of Skinner Road (starting at Huffmeister) that has not yet been accepted by the county. If you remember from past reports, part of Skinner has already been taken over by the county beginning just past the intersection of Lakes of Rosehill and Skinner. Should the front section of Skinner be accepted, then all of Skinner Road will be county roads along with the portion of Rose Garden Trail EAST of the stop sign at Skinner and all of the Rose Trail cul-desac. Another announcement will be made once the front section of Skinner has been accepted. AS A REMINDER: Because a portion of Skinner has become a county road, that means that use of an ATV or a UTV is now illegal to use on that section of Skinner and you can be ticketed. There are a number of children that have been seen still driving these types of vehicles on the section of Skinner that is now a county road. Consider that you have been given fair notice of this in the event that you or your children find themselves on the receiving end of a ticket.

The Board wishes that you all enjoy the balance of you summer vacation and reminds everyone to remain safe in the extreme heat.

### PERSONAL CLASSIFIEDS

**WANTED:** Swing Set-Grandma looking to buy a gently used childrens wooden play yard (swings/slide), would be willing to do some repairs/boards, ect. Please email Sue @ joelandsuea@ hotmail.com or call 281-796-0940.

#### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Lakes of Rosehill residents, limit 30 words, please e-mail *Janmor58@att.net*.

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## WILL MY CHILD BE READY for Elementary School? Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor, social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- Academics: Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization - it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- Technology: In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate

educational software and online resources should be integrated into the classroom.

- Physical Development: Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- Music and Art: Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- Social-Emotional Development: Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.



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### GOING 100 PERCENT ORGANIC NOT FEASIBLE?

#### By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

1. Apples	7. Grapes (imported)
2. Celery	8. Sweet bell peppers
3. Strawberries	9. Potatoes
4. Peaches	10. Blueberries (domestic)
5. Spinach	11. Lettuce
6. Nectarines (imported)	12. Kale/collard greens

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

1. Onions	6. Sweet peas	11. Cabbage
2. Sweet Corn	7. Mangoes	12. Watermelon
3. Pineapples	8. Eggplant	13. Sweet potatoes
4. Avocado	9. Cantaloupe (domestic)	14. Grapefruit
5. Asparagus	10. Kiwi	15. Mushrooms

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at http://www.ewg.org. More information on the Alliance for Food and Farming can be found at http://www.foodandfarming.info. To learn more about the USDA's MyPlate, visit http://www.choosemyplate.gov, and to discover more about the WHO, visit http://www.who.int/en.



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Keep toddlers close enough to touch in pools

by staying alert and attentive, said a pediatric emergency medicine

Parents can help prevent potential accidents at the pool this summer

# HEALTH BRIEFS

#### • Fence in your pool

Active summers can lead to healthy lifestyles

AUGUST 2011

A balance of indoor and outdoor activities can help children maintain a healthy weight during the summer months. *"Some research has shown that kids gain the most weight during summer vacation, so it's important that parents take an active role in providing opportunities for their children to be physically active," said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. Children should have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate.* 

Outdoors activities can include swimming, biking and other outdoor play but remember to follow safety precautions, such as using sunscreen, drinking plenty of water and wearing proper safety gear. Television, computer and other media usage should be kept to no more than two hours a day for children ages 2 and up. Instead, parents can read to younger children, encourage them to use their imagination by playing around the house, or engage them in arts and crafts activities.

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physician at Baylor College of Medicine. "A high percentage of summer drownings and accidents occur in

community and residential swimming pools," said Dr. Rohit Shenoi, assistant professor of pediatrics - emergency medicine at BCM and Texas Children's Hospital. "By far, the most common cause of drowning is lack of supervision."

Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Shenoi said. A good rule of thumb, he said, is to implement *"touch supervision,"* which means keeping within arms-length of your toddler at all times.

#### Other Safety Tips Include:

- Don't rely on floating devices because children can easily slip out of them
- Make sure the pool has two unblockable drains to prevent the child or a body part from getting stuck in the drain

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#### Health Briefs - (Continued from Page 6)

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals together or taking evening walks together. Getting children involved in chores is another way to keep them active, said Mendoza.

#### Exercise-induced asthma is manageable condition

Gasping for breath during a workout may be more than just a sign that you're out of shape. It could also indicate a condition called exercise-induced asthma, according to an expert at Baylor College of Medicine. It occurs when someone has shortness of breath, gets winded easily, has wheezing and sometimes even a cough shortly after exercise begins, explained Dr. John Rogers, professor of family and community medicine at BCM.

The condition is manageable and people are still able to perform at a very high level athletically with proper treatment, he said. Treatment usually includes using an inhaler 20 to 30 minutes before exercise. The inhaler helps relax the smooth muscle and can last for up to four hours. There is not one exercise routine that is better for the condition than another. Rogers recommends those with the condition do other things to manage it such as staying away from cigarette smoke, staying indoors when pollen or other allergen counts are high if you have allergies and avoiding exercise when you have cold symptoms. Getting the flu shot each year is also recommended to help maintain healthy lung function.

#### Food poisoning major concern during summer

If this summer weather has you feeling wilted, imagine what it does to your food. An expert at Baylor College of Medicine advises taking extra precautions with food during the summer heat.

Roberta Anding a registered dietitian at BCM, advises following the "golden hour" rule for foods such as meat, mayonnaise, eggs and cheese. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out. This rule also applied to baby formula.

"Don't assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don't run the risk of *a food-borne illness*," said Anding. In addition, be sure to wash all fruits and vegetables before cutting or eating. Use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

#### Other Food Safety Tips Include:

- Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature.
- When reheating food, make sure it's not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.
- Be cautious when going organic make sure milk products are pasteurized to avoid food borne illnesses and bacteria.

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CORNERSTONE

### **GRANNY'S COLE SLAW**

### Ingredients

- <sup>1</sup>/<sub>2</sub> cup mayonnaise
- <sup>1</sup>/<sub>4</sub> cup sugar
- 1 tsp. salt
- <sup>1</sup>/<sub>2</sub> tsp. celery seed
- 2 T. vinegar
- <sup>1</sup>/<sub>2</sub> head cabbage, shredded

Mix mayonnaise, sugar, salt, vinegar, & celery seed. (May want to adjust to taste.) Shred cabbage. Mix with dressing. Is better make several hours ahead.





### **CROSSWORD PUZZLE**

1	2	3	4			5	6	7	81
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27			28		29	30			+
31					32	+			+
33				-		34			

#### ACROSS

- 1. Tack 5. Giant 9. Philippine dish with marinated chicken or pork 11. Journalist's question 12. Tiny insects 13. Cut of beef 14. School group 15. South 17. United States 18. Bottle need 20. Upset 22. Cow's chow 23. Year (abbr.) 24. Computer makers 27. Brews 29. Sleep disorder 31. Parent teacher groups 32. Strong rope fiber
- 33. Bend
- 34. Decorative needle case

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- 1. Incline
- 2. Change
- 3. Small particle
- 4. Compass point
- 5. Night bird
- 6. Body snatcher
- 7. Cultivate
- 8. Volcano
- 10. Change into bone
- 16. Musical productions
- 18. Canadian prov.
- 19. Palladium (abbr.)
- 20. Many
- 21. Perfect
- 22. Captain (abbr.)
- 24. Institution (abbr.)
- 25. Swain
- 26. African country
- 28. Fast plane
- 30. Pastry

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