



The Rosehill *Report*

The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

July 2012

Volume 3, Issue 7

Salt of the Earth: Sodium & Your Health

TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr. Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day,

which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there’s a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

“Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium,”

Dr. Mejia notes.

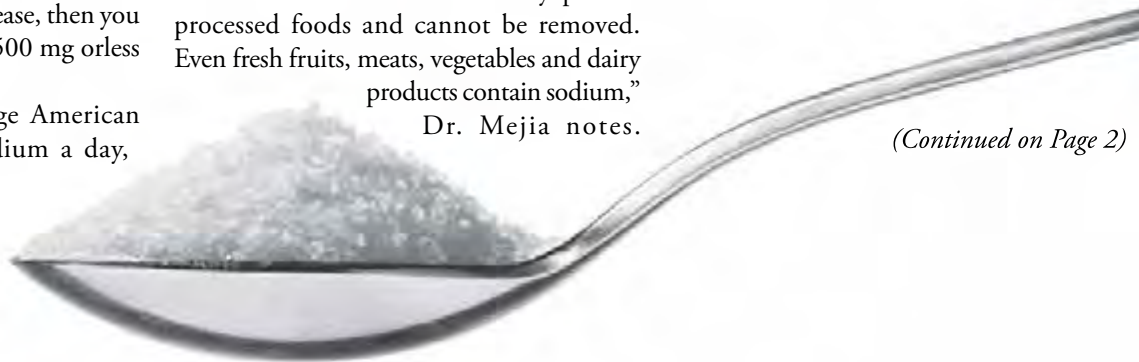
“However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat.”

SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high insodium.

“Pay very close attention to food labels,” Dr. Mejia says. “It may add extra time to your shopping trip, but it’s important to understand just what the food industry means when it uses sodium-related terms. Portion size is just as important. Frankly, it’s the only way to make sure you are not eating too much sodium.”

(Continued on Page 2)



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance.....	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- 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

NEWSLETTER PUBLISHER

Editor	lakesofrosehills@peelinc.com
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

COMMUNITY CONTACTS

BOARD OF DIRECTORS

Janice Morris	President
16606 Rose Trail · Cypress, TX · 77429	
Mark Riordan	Vice President
17318 E. Blooming Rose Ct. · Cypress, TX · 77429	
David Westmoreland	Secretary
16002 Drifting Rose Circle · Cypress, TX · 77429	
Mike Finke	Treasurer
16033 Drifting Rose Circle · Cypress, TX · 77429	
Richard Murphy	Director at Large
16602 Rose Trail · Cypress, TX · 77429	

To contact the Board, email Board@lakesofrosehills.com

ACC MEMBERS

Mark Riordan, Donny Morris and David Westmoreland

BLOCK CAPTAIN

NEIGHBORHOOD WATCH CAPTAIN

..... OPEN

MANAGEMENT COMPANY

Chaparral Management	www.chaparralmanagement.com
Allison L. Pena, CMCA...	Voicemail: 281-537-0957, ext 24
.....	Direct: 281-586-1724

Salt of the Earth - (Continued from Cover Page)

Here are some of the most common terms used on food packaging. If it doesn't have a label, your best option may be to avoid buying it.

- **"Sodium free" or "Salt free."** Each serving of this product contains less than 5 mg of sodium.
- **"Very low sodium"**- Each serving contains 35 mg of sodium or less.
- **"Low sodium"**- Each serving contains 140 mg of sodium or less.
- **"Reduced" or "Less sodium"**- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **"Lite" or "Light in sodium"**- The sodium content has been reduced by at least 50 percent from the regular version.
- **"Unsalted" or "No salt added"**- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

"It takes some effort, but a low sodium diet can have tremendous health benefits," Dr. Mejia says. "If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating."

Jose Mejia, M.D., Cardiologist - The Austin Diagnostic Clinic,

Texas Star Triathlon Montgomery

WHEN: **JULY 15, 2012** | START TIME: **7 AM**

**AT THE MONTGOMERY AQUATIC CENTER,
CITY OF MONTGOMERY**

DISTANCES: **300 YD. SWIM, 10 MILE BIKE, 3 MILE RUN**

HOW TO REGISTER: **WWW.ACTIVE.COM**
(type in Texas Star Tri Montgomery on the search bar)

CONTACT: **MICHELLE CURRY**
TEXASSTARTRI@GMAIL.COM

AGES TO PARTICIPATE: **9 YRS. OLD AND UP**

All racers will receive a finisher's medal, dri-fit tee, and awards will be given to 1st place winners in each age division, trophies given to 2nd and 3rd place finishers in each age division.

FULL SERVICE LANDSCAPE COMPANY



281-373-0378

Proudly serving northwest Houston since 1997



Gold Star
Accredited Business



Lawn Service

Commercial & Residential
\$25.00 & up

Landscaping

Landscape Design & Installation *
Seasonal Flowers * Drainage * Lighting
Sod Installation * Mulch Installation *
Rock Borders

Patios & Walkways

Pavestone * Concrete * Flagstone

Tree Service

Tree Trimming * Removal * Installation

Sprinkler Systems

Design * Installation * Repairs
Proper Coverage * Warranty
Licensed Irrigator #8587



Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs & Trees
Fire Ant Control * Tree Deep Root Feed *
Brown Patch Reduction
State Licensed Applicator



www.horizon-landscape.com



Vision

Pools & Outdoors

- Custom Pools
- Pool Renovations/Remodel
- Outdoor Kitchens
- Patio Covers
- Cabanas & Pergolas
- Full Service Landscape Design
- Maintenance and Repairs

713-677-4210

Building visions of outdoor excellence

www.visionpoolsandoutdoors.com

LAKES OF ROSEHILL

At no time will any source be allowed to use the Rosehill Report'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 Rosehill Report is exclusively for the private use of the Lakes of Rosehill 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.

CY-WOODS KEY CLUB

Being part of Key Club, one of the tremendous clubs in Cy-Woods High School, is very riveting for many reasons. First off, the most exciting news this year for Cy-Woods is that we are THE Number One Key Club in both states of Texas and Oklahoma from over



Cy-Woods Key Club Triathlon

300 Key Clubs! Over the year, Cy-Woods Key Club members were active and working hard by gaining an abundance of volunteer hours. Key Club is an organization that is immense all over the world (30 different countries) for people to help the community, gain leadership, and build your character to become less self-centered. Our Key Club is sponsored by the Cy-Fair Kiwanis, an organization where people of all ages help children everywhere around the world. Through Key Club, members help at various events such as school carnivals, orientations, sport games, church events, food banks and any event that requires help. Even though school has ended, Key Club remains active. If you require help with anything, please contact cywoodskeyclub@gmail.com.

Keepsake Ornament Premiere is July 14th & 15th

Open at 7am on Saturday, July 14th


RACHAEL'S

www.RachaelHallmark.com

12312 Barker-Cypress @ 290 - 281.256.9800



CWKC helping at Goodson MS's Field Day

 **ASPIRE**
Summer Camps Enrolling Now!

Academic advancement activities for grades 1-8.

Reading ♥ Writing ♥ Math ♥ STAAR prep

Homework assistance ♥ Testing strategies

Aspiring Artist Classes

Visit us on the web at www.aspire-now.com for more information

713-494-3971

Aspire Advancement Center, LLC.



Cy-Woods Key Club Lock in

LAKEs OF ROSEHILL

CY-FAIR KIWANIS CLUB

The 2011-2012 Board of directors and officers were installed at the October 4 meeting by Gwen Branch, Texas-Oklahoma District Lt. Governor. New officers are Andrew Lawrence, President; Louis Iselin, Vice-president; George Cowl, secretary; James Meadows, treasurer; immediate Past President, Steve Gleinser; and members of the Board: Paula Hoffman, Mike Larivee, Peggy Presnell, Tasmina Quddus, and Jeff Savoie.

The Cy-Fair Kiwanis Club meets 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 at 281-463-0373, George Cowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

Cypress-Tomball DEMOCRATS July 18th Meeting

The Cypress-Tomball Democrats will hold their next monthly meeting on Wednesday, July 18th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

July's guest speaker will be Judson W. Robinson, III, President and CEO of the Houston Area Urban League. The Houston Area Urban League is a United Way agency affiliated with the National Urban League.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at cytomdems@yahoo.com.

To get the best in Cypress, work with Cypress' best.



16611 Hope Farm
Coles Crossing, 5 / 4 1/2 / 3 car & pool
w/great cds location backs to nature trail



13418 Sterling Park
Longwood w/pool & playscape
Beautiful Trendmaker



15813 Rosethorn Ct.
Lakes of Rosehill; beautiful 3/4+ acre yard
4 / 3 1/2 / 3 car & 3 living areas; 3312 sq. ft.



Your Cypress Specialist

Gina Baker
Broker/Owner
Cell: 281-685-0306
www.ginabaker.com



281.304.1344

26321 NORTHWEST FRWY #100 • CYPRESS, 77429

LAKEs OF ROSEHILL



ACES POKER CLUB

TEXAS HOLD-EM TOURNAMENT

EVERY OTHER WEDNESDAY NIGHT IN THE N.W. AREA

CALL JACK 281-744-8636 OR DON 281-256-8711



“In Her Shoes” A Mother-Daughter Event

Join speaker/author/recording artist Shannon Perry for this special event designed exclusively for mothers and daughters. Recommended for girls ages 12-18, you will learn powerful truths through uplifting and age appropriate messages. Shannon holds a Master's Degree in Education and Counseling and is a certified instructor for parenting classes and crisis counseling. The event will be held Saturday, September 8th from 9 a.m. to noon at Good Shepherd United Methodist Church, 20155 Cypresswood Drive in the Fairfield Subdivision in Cypress, Texas. Doors open at 8:15 for registration and refreshments. The following topics will be covered: Body image/self-esteem, purity and God's promises, relationships - dating, parents, friends; social media, communication. The cost is \$15 per person (early registration) and \$20 per person at the door. To register and for more information: www.shannonperry.com



Bashans Painting & Home Repair

Commercial/Residential
Free Estimates

281-347-6702



281-731-3383 cell



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



GREEN MEADOWS LANDSCAPE, INC.

Custom Landscape Design & Maintenance

Creative landscaping: Design & installation
Complete landscape maintenance
Flagstone & all types of custom stone work
Drainage & irrigation: Repair & installation
Concrete walkways, patios & driveways
Fertilization & sod aeration
Seasonal flowers
Tree pruning, removal & feeding
Powerwashing
Landscape lighting

Call today for your free estimate!

Creating & maintaining landscapes since 1990

713-467-1709

greenmeadowslandscapeinc.com

LAKES OF ROSEHILL

Cypress Texas Tea Party

THE FOLLOWING CANDIDATES HAVE AGREED TO SPEAK
AT THE MEETING OF THE CYPRESS TEXAS TEA PARTY:

Justice Supreme Court Place 4 Incumbent David Medina
District Judge 129th District Candidate.....Michael Landrum
District Judge 129th District Candidate..... Chris Gillett
District Judge 152nd District CandidateJanet Townsley
District Judge 152nd District Candidate Don Self

We will be meeting Saturday, July 7th at:

Spring Creek BBQ
25831 Northwest Freeway
Cypress, TX 77429

David M. Wilson
Director, Cypress Texas Tea Party
cypresstexasteaparty@gmail, Å.com
Romans 8:28

8/8 - 8/10

Crimson Cadette Drill Team DANCE CLINIC

CYPRESS WOODS HIGH SCHOOL

16925 SPRING CYPRESS RD.

8:30 A.M. - 11:30 A.M.

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.

**Did you forget the
name of that...**



Visit here to find **YOUR** local businesses:
www.peelinc.com/businessDirectory



**NOT AVAILABLE
ONLINE**



Aero-Septic
Maintenance, Inc.
#1 in Service with a Smile
Aerobic Septic System Maintenance & Repairs
(281) 351-9681
www.aeroseptictx.com



St. Elizabeth Ann Seton Catholic School
"Living, loving, and learning in Christ and the Church."
6646 Addicks Satsuma Rd.
Houston, TX 77084
281-463-1444
www.seasc.org
EXCELLENT CURRICULUM • ATHLETICS
COMPUTER & SCIENCE LABS
BEFORE & AFTER SCHOOL PROGRAMS

Come grow with us!
St. Elizabeth Ann Seton Catholic School

Open Registration Begins Feb. 13th!



All Proceeds Will
Benefit Metastatic
Breast Cancer Research

OCTOBER 1, 2012

Tee'd Off at Breast Cancer
Golf Classic
at

THE CLUB AT FALCON POINT

Tee Off at 12:30 pm
Lunch/Dinner/Auction/Awards

To register/sponsor go to
www.teamtiara.net

\$130/golfer ; \$475/team

Join your golfer
for dinner – dinner \$25.00

A Focus on Heat Emergencies

HEALTHY TIPS TO STAY COOL IN EXTREMELY HOT WEATHER

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity: Heat Cramps, Heat Exhaustion & Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs.

If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS & SYMPTOMS

— Heat Cramps —

- Sweating
- Pain in arms, legs, and abdomen

— Heat Exhaustion —

- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

— Heat Stroke —

- No sweating
- Dry, hot, red skin
- Confusion and loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

What to do in heat emergencies..

FIRST AID

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured.
- DO NOT give the person medications that are used to treat fever (such as aspirin

or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.
- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.
- DO NOT use alcohol rubs on the person's skin.
- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316. | DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic | Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



LAKES OF ROSEHILL

WHAT TO LOOK FOR IN A PET FOOD

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for, "chicken," or, "chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing

the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLEGRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you're considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a low-value portion of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful bacteria. Also

avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Take the Colin's Hope Water Guardian Pledge

I WILL constantly watch children around water.

I WILL NOT become distracted.

I WILL maintain a valid CPR certification.

I WILL be on duty until relieved by an adult.

LAYERS OF PROTECTION



**CONSTANT VISUAL
SUPERVISION**



LEARN TO SWIM



**WEAR LIFE
JACKETS**



**MULTIPLE BARRIERS ON
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &
BATHROOMS SAFE**



LEARN CPR



**CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN**



**VISIT US
ONLINE**



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

LOR



RE/MAX

Professional Group
832-478-1205

**T
H
A
N
K
Y
O
U**



David Flory

Direct line:

281-477-0345

WWW.SUPERDAVE.COM

Lakes of Rosehill



We would like to thank David Flory and The Flory Team for their professional help in selling our home. We listed our home, and one week later sold the home. Within two days we purchased another home with the help of David Flory's professional team. You are awesome!!

- Steve and Nollene Denton

Each Office Independently Owned and Operated

- **#2 Realtor in Houston & Texas****
- **#7 Realtor in United States****
- **Selling Over 500 Homes A Year**

**Realtor Teams per Remax 9/2008, 3/2009