



The Rosehill Report

The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

January 2014

Volume 5, Issue 1

A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: Concentra Urgent Care

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

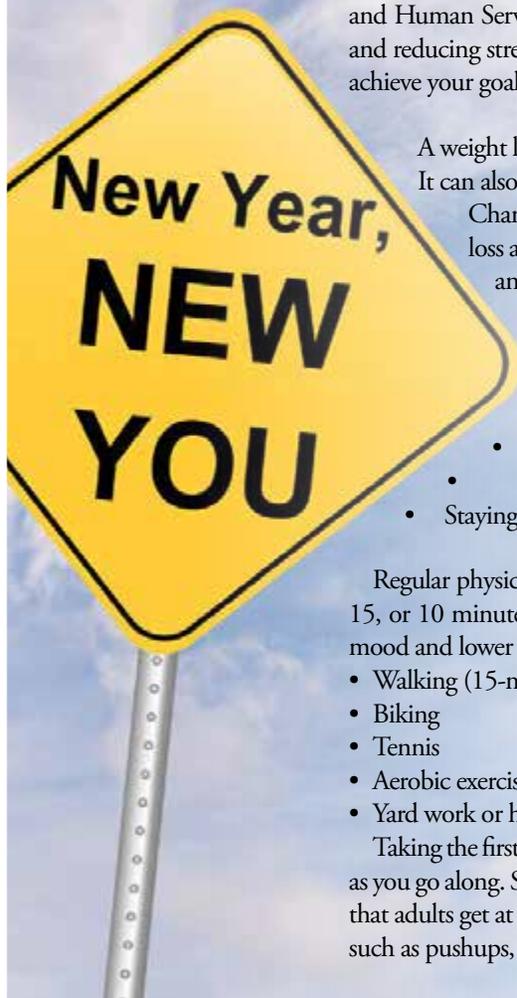
- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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

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

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BLOCK CAPTAIN

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Direct Line.....	281-586-1727
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"Cypress Serenades"

Cypress Symphony Presents Second Concert of their Inaugural Season

The Cypress Symphony invites you to celebrate our historical inaugural season at our second concert in January! Join us as we explore some of the earliest orchestral writing by the lighthearted CPE Bach and journey through history to the romantic and passionate Mendelssohn and Tchaikovsky. We are pleased to welcome our talented guest conductor Mark Dupere, as he leads the Cypress Symphony through a musical odyssey! We look forward to seeing you on this magical evening!

Saturday January 18th, 2014

7pm at the Centrum

Mark Dupere, guest conductor

PROGRAM:

C.P.E Bach Symphony for Strings in B-flat
Mendelssohn String Symphony No. 7 in D minor
Tchaikovsky Serenade for Strings Op. 48
*Tickets can be purchased at cypresssymphony.org
Student admission is free.*

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LAKES OF ROSEHILL

NEIGHBORHOOD WATCH PROGRAM NEEDS EVERYONE'S PARTICIPATION

With the recent increase in break-ins and thefts, we wanted to remind everyone that we do have a Neighborhood Watch Program in affect in Lakes of Rosehill. Many messages have been sent out within the past few months regarding a rash of thefts, primarily, persons entering UNLOCKED cars in driveways and stealing contents inside the vehicles. We understand that some of you may be new to LOR or just may not be aware of how the Program works so below is a brief overview.

Each street has been assigned a block captain. The block captain should have contact information (at least an email and cell phone number) for each person on their street. This information should be kept confidential and only used to pass along important safety/security concerns.

Dawn Ziemianski and Yvonne Bukowski are currently co-chairing the Neighborhood Watch Program. They are the main contacts who send out current important information to each block captain, who then is responsible for forwarding that information to their street contacts. Conversely, if you are aware of any important information that pertains to the safety and security of LOR, you should forward that information to your Block Captain and/or the Chairman. It is vital that residents, block captains and the Chairman communicate. This is the most efficient way to get information out in a timely manner.

It is also very important that if you are a victim of any theft, vandalism, etc., that you notify the Sheriff's department at 713-221-

6000 and file a report. The more we record this activity, the more likely we are to get increased presence by the authorities in our area.

If you are unaware of who your block captain is, please email Yvonne Bukowski at ybukowski@yahoo.com and she will pass along their contact information to you. Once you are aware of who your block captain is, please contact them so we can all stay connected regarding theft/vandalism/break-ins/finding and returning of lost items, etc. The more we stay connected, the better chance we have of protecting our neighborhood.

We are aware that there is also a website that a lot of residents have become members of called "NextDoor". This website seems to be a good resource for posting news updates, listing items for sale, listing items that you are trying to give away, questions about service providers, etc. In addition to our emails to Block Captains, we will also try to post current updates regarding break-ins, vandalisms, items lost/found, etc. on this website. However, knowing that not everyone may visit that website, we would like to stay proactive and, therefore, keep our Neighborhood Watch Program email alerts in place strictly for emergency notices regarding neighborhood safety.

Hopefully, by becoming more vigilant and establishing an effective chain of communication, we will be sending a message to criminals that we are all watching!

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LAKES OF ROSEHILL

CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! Start the new year by giving in service to others by joining with the Cy-Fair Kiwanis Club. We work with Key Clubs, Builders Clubs, and Boy and Girl Scout troops to build leadership and orientation toward service to others, and with community based organizations that provide goods and services to the needy in our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens worldwide. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.



Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 7, 14, and 21 at the Hearthstone Country Club at 12:15

p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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LAKES OF ROSEHILL

Head Coach of the Texas A&M Men's Golf Team to speak at **NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB**

Join us for the Northwest Harris County Aggie Mom's Club January meeting on Tuesday, January 14, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our speaker will be J.T. Higgins, Head Coach of the Texas A&M Men's Golf Team. Husbands and sons are welcome! Coach Higgins has taken Texas A&M to the pinnacle of the collegiate game in his 12 seasons at the helm of the Aggie men's golf team. A three-time Central Region Coach of the Year honoree, Higgins has guided A&M to back-to-back top-5 final rankings in 2009-11, an unprecedented 11 consecutive NCAA Regionals and six straight trips to the NCAA Championships, highlighted by the program's first national title in 2009. Under Higgins leadership Texas A&M stands alone as the only program nationally to have posted top-15 finishes at the NCAA Championship each of the last six seasons. Making their debut in the extremely competitive Southeastern Conference in 2013, the Aggies remained a fixture in the national rankings throughout the season en route to finishing fourth at the SEC Championship while garnering their school-record 11th consecutive trip to an NCAA Regional. Refreshments will be available at 6:45-husbands and sons are welcome!

SCHOLARSHIP APPLICATION DEADLINE APPROACHING

The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at www.nwhcaggie moms.org. Deadline to apply is February 4, 2014.

SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.



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LAKES OF ROSEHILL

Cy Woods Theatre Company Proudly Presents

“INTO THE WOODS”

Cy Woods theatre students will be performing the musical “Into the Woods” by Stephen Sondheim and James Lapine. This musical encompasses classic fairy tale characters that portray a sense of fantasy and reality.

Performances will be held in the Cy Woods High School Auditorium
Thursday – Saturday (January 30th – February 1st) at 7:00 pm
Saturday Matinee at 2:00 pm.

Tickets may be purchased online at www.showtix4u.com.

TICKET PRICES:

Orchestra Level - \$15.00 | Mezzanine Level - \$10.00

Synopsis: The story follows a Baker and his wife who wish to have a child, Cinderella who wishes to attend the King’s Festival, and Jack who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch’s curse, the two set off on a journey to break the curse. Everyone’s wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

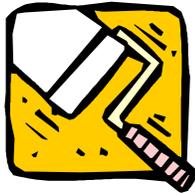
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