



# The Rosehill *Report*

The Official Newsletter  
of the Lakes of Rosehill  
Homeowners Association

March 2014

Volume 5, Issue 3

## BLUEBONNET festival

The Chappell Hill Historical Society celebrates their 50th Anniversary this year. What a year is planned with the State Official Bluebonnet Festival to be held on Saturday, April 12, from 9 a.m. til 6 p.m. and Sunday, April 13, from 9 a.m. til 5 p.m. This is one of Texas best festivals with over 450 arts & crafts booths, children court, great Texas food, and some of the best live entertainment in this part of Texas.

Come visit the great town of Chappell Hill for the Bluebonnet Festival. Admission is free, parking usually is \$5 and experience a great day in the country. Located on U.S. 290 East, between Houston and Austin. Come out and enjoy Chappell Hill Historical Society anniversary and be a part of the CHHS Bluebonnet Festival.

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- Sexual Assault/Domestic Violence .....	713-967-5743
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Poison Control.....	800-764-7661
Traffic Light Issues .....	713-881-3210

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Cypress Fairbanks ISD Transportation .....	281-897-4380
Cypress Fairbanks Senior High .....	281-897-4600
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Street Lights - CenterPoint Energy.....	713-207-2222
- not working (Report Number on Pole)	
Waste Management .....	713-686-6666

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# FAIRFIELD ATHLETIC CLUB SPRING VENDOR MARKET

(Benefiting the Keith Elementary Track)

Saturday April 5, 2014

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## Local Organizers Seek Community Volunteers!

NW Houston/Cy-Fair, April 5, 2014 - Tired of looking at the growing piles of litter in public areas in our communities? We can do something about it! Calling all Texans to turn out on April 5th and join in the statewide initiative to remove litter and debris from our parks and roadways. Participants receive trash bags, volunteer giveaways, promotional items, and more to assist in facilitating our cleanup efforts.

Don't mess with Texas is a Texas Department of Transportation initiative that began in 1985 to keep trash off Texas Highways. The Trash-Off, which is a partnership between the DOT and Keep Texas



Beautiful, is organized locally by Anna Harrison, Amanda Mims and Judy Bodnar, Realtors on the Bodnar Team at the Better Homes and Gardens/Gary Greene Real Estate office on Barker Cypress Road.

The Bodnar Team encourages participation and says, "We are proud to carry out this community service and carry on with the Don't mess with Texas tradition because the presence of litter in a community takes a toll on quality of life, property values and housing prices."

Since litter begets litter, people are inclined to add to existing piles. Turn out to help bag it up and see what a difference a day can make!

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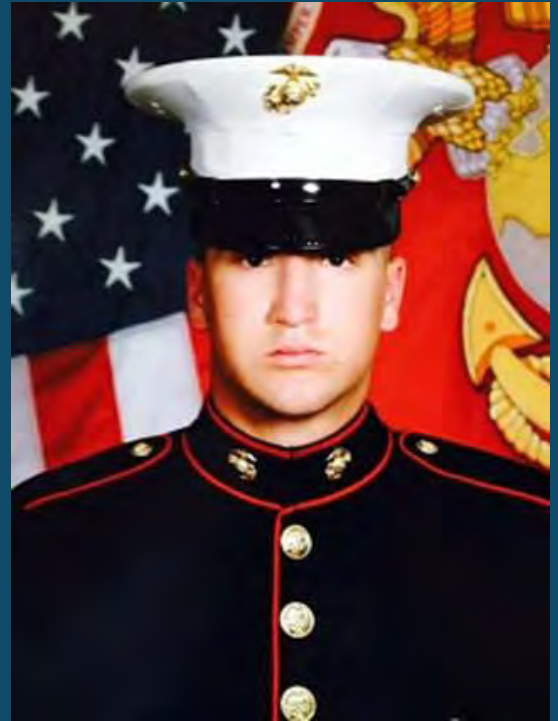


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# LAKEs OF ROSEHILL

## FORMER CYPRESS RANCH CLASS OF 2012 GRADUATE - GRADUATES UNITED STATES MARINE CORPS BOOT CAMP

PVT Cody Henson Jones, 19, of Cypress graduated from United States Marine Corps boot camp at Marine Corps Recruit Depot San Diego on 10 January 2014. Pvt. Jones successfully completed 13 weeks of intensive basic training at MCRD San Diego as one of 480 recruits in Training Platoon 2147. While in recruit training Pvt. Jones accomplished/achieved the following: Honor Platoon. Following ten days home on leave he will report to Camp Pendleton for one month at Military Combat Training then Military Occupation Specialty school.



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**CY-WOODS FFA  
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**For Vendor Registration/Forms**  
**see our website at**  
**CYWOODSFFA.ORG**

**or email us at**  
**CYWOODSFFA@GMAIL.COM**

## Prevent Colon Cancer In Less Than An Hour

Regular screenings for colon cancer can catch the deadly disease before it even begins, according to doctors at Baylor College of Medicine.

"Colon cancer is known as the silent killer because symptoms are not present until it's too late," said Dr. Waqar Qureshi, professor of medicine and chief of endoscopy at Baylor.

Symptoms include rectal bleeding, abdominal pain, weight loss or anemia. But if symptoms are apparent, then it's more than likely the cancer has already spread. Screening can catch precancerous growths at a time when life-saving treatments are still effective.

A colonoscopy is the most accurate way to find precancerous growths. A colonoscopy takes up to 20 minutes, and patients are sedated so most don't even remember the procedure.

"Usually screenings start at age 50 and continue every 10 years after that," said Qureshi. "However, if colon cancer runs in your family, screenings should be more frequent and begin sooner."



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# LAKES OF ROSEHILL

## CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn more about community needs. In March, we have the following programs scheduled:

March 4—Mary Jane Williams from the Families to Families Network will discuss that organization's work for Children with disabilities.

March 11—Dr. Ronald B. Rea of the Chriss Cole Children's Fund will talk about the operation of the children's rehabilitation center. Their mission is to help children and families with resources not available from other community agencies.

March 18—Ray Wooten, executive director of Shield Bearer will address how this organization helps heal the hearts of children who fall between the cracks of most recognized community agencies. These children are victims of abuse, neglect and child trafficking.

Kiwanis will provide donations and service whenever possible. Children: Priority One is the motto of Kiwanis worldwide. Join us in these endeavors and reap the rewards of satisfaction in the results achieved.



Additionally, we sponsor Key Clubs and Builder's Clubs in the high schools and middle schools in the Cy-Fair District.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

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 Crowl 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.

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

## Cy-Fair Hospital now has a new location in your neighborhood to serve your Emergency and Urgent Care needs.

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### Urgent Care Locations



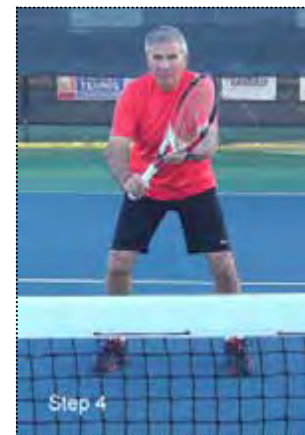
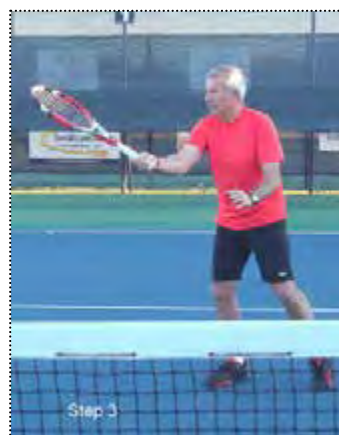
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at West Road



14044 Spring Cypress  
at Grant Road

## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



### How To Execute The Forehand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

**Step 1:** The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

**Step 2:** The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

**Step 3:** The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

**Step 4:** The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

*Look in the next Newsletter for: How to execute “The Backhand Drop Shot”*

## Olympic Fever Can Encourage Physical Activity In Children

According to an expert at Baylor College of Medicine, the Olympics are a great opportunity for children to learn about physical activity and goal setting.

According to Dr. Jorge Gomez, associate professor of pediatrics in the division of adolescent and sports medicine at Baylor, Olympic competitions will encourage children to do something fun and active.

"Research has shown that the strongest predictor of children remaining physically active into adulthood is having experiences of being active with their parents," said Gomez.

He offers the following tips for parents when watching the Olympic Games with their children:

- Point out that the athletes are participating because it's fun for them.
- Emphasize athletes are where they are after years of hard work.
- Discuss what it means to be a team player and to have good sportsmanship.
- Focus on the fact that the athletes are fit because they take care of themselves by eating well and exercising.
- While encouraging children to explore new activities, keep safety in mind.



## FOLLOW UP ON YOUR HEART HEALTH

Eating healthy and exercising are well known tips to keep your heart healthy, but doctors at Baylor College of Medicine say don't forget about the follow-ups.

"Many times people will see a doctor and receive a diagnosis of high cholesterol or blood pressure, for example, but they won't follow up with another appointment," said Dr. Joseph Coselli, professor of surgery at Baylor. "These secondary doctor visits are needed to monitor progression of risk factors and to help find the most effective treatment options."

Coselli recommends asking your doctor some important questions:

- What is a healthy weight for me?
- What does a balanced diet consist of?
- How do I quit smoking?
- What exercises should I add to my daily routine?
- What health screenings should I have?
- When should I follow up with my next appointment?

"You have to be responsible for your health and make important changes to keep your heart healthy," Coselli said.

## *Texas A&M University Traditions Council to speak to* **NORTHWEST HARRIS COUNTY** **AGGIE MOM'S CLUB**

Traditions are alive and well at Texas A&M! Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, March 11, 2014 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. You will enjoy hearing from some of Texas A&M's most enthusiastic students who are members of the Traditions Council. Traditions Council is a committee on the Executive Branch of the Student Government Association at Texas A&M University. Founded in 1975, their mission is to preserve and promote the traditions of Texas A&M through education and awareness. One of the biggest honors Traditions Council has is participating in the tradition of Silver Taps, a tribute to any undergraduate or graduate student who passes away while enrolled in Texas A&M. Traditions Council hosts Senior Bootline during home conference football games, Run for the Ring, a 5K race and drawing to raise money for an endowment to fund Aggie Ring scholarships, and facilitates Bonfire Remembrance Week.

The Traditions Council is just one of many student organizations that the Northwest Harris County Aggie Moms supports. At every April meeting, members of the club have the privilege of casting votes for any student organization at A&M that they would like to see receive funds from our club.

### ***Parents Weekend- April 11-13, 2014***

Parents' Weekend is a cherished Aggie tradition honoring Aggie moms and dads since 1919. Among the many weekend activities is the popular Aggie Moms' Boutique, a gift and craft fair held on April 11 and 12 in the Memorial Student Center at Texas A&M. Check out our booth! We will be selling our Tradition beads!

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. Refreshments are available at 6:45! For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).

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## Cypress Texas Tea Party

The Cypress Texas Tea Party meets every three weeks  
on Saturday

Noon until 2:00 PM at:  
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25831 Northwest Freeway  
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**MARCH MEETINGS:**  
*Saturday, March 8, 2014 12:00 PM - 2:00 PM*  
*Saturday, March 29, 2014 12:00 PM - 2:00 PM*  
(Note NEW time)

A schedule of other meetings and confirmed  
speakers can be found at our website, [www.cypresstexasteaparty.org](http://www.cypresstexasteaparty.org)



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## Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on March 20, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at [cpart86@comcast.net](mailto:cpart86@comcast.net) or by phone at 832-654-0306. We look forward to meeting you.

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