



The Rosehill *Report*

The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

January 2015

Volume 6, Issue 1

10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT IN THE NEW YEAR

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

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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

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CyRanch HS Choir

The CyRanch HS Choir program presents their annual Pop Show ENCORE on Friday and Saturday night, January 30th & 31st at 7pm. This year's theme, ROAD TRIP, is sure to have tunes all will enjoy. Tickets are \$10 and will be sold at lunch during that week at CyRanch and at the door. ENCORE helps raise funds needed for choir trips and performances. Please come out to support the Arts at CyRanch and be ready to be won over by all of their great talent!



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TEXAS A&M AGRI LIFE

Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

FRUIT FLYS

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.



**MANY LAKES OF ROSE HILL ROOFS ARE DAMAGED
FROM JUNE 6, 2013 & MAY 28, 2014 WIND & HAIL
STORMS. THE HAIL SIZE WAS APPROXIMATELY 3/4" BUT
HAS DAMAGED ROOFS THAT ARE AT LEAST 12 YEARS
OLD DUE TO THEIR DETERIORATED CONDITION.**

LIMITED TIME LEFT TO FILE A CLAIM!

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HAIL & WIND STORM DAMAGE?

**FIND OUT IF YOU QUALIFY
FOR A NEW ROOF COVERED
BY YOUR INSURANCE
(EVEN IF YOU'VE BEEN DENIED)
DON'T GET LEFT OUT!!!**

**ROOF REPAIR
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(LAKES OF ROSEHILL RESIDENTS ONLY)

* includes basic roof maintenance of caulking around roof flashings & general roof inspection for up to one hour. Does not include material. May also be applied to complete roof replacement.

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LAKES OF ROSEHILL

AHFC JUNIOR HURRICANES (JHSL) REGISTRATION NOW OPEN

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit www.albionhurricanes.org or you can email us at jhsl@albionhurricanes.org or call 713-939-7473 .

Fall 2014 JHSL Highlights

- 10 weeks September - November
- Season will extend 1 week if both practice & game is rained out
- Professionally trained
- One practice during the week
- Games on Saturdays 8:00 AM-12:00 PM or Sundays 1:00-5:00 PM; please check your location to details.
- Cost per player is \$150 U5/U6 and \$160 U7-U12
- Nike uniform included



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LAKEs OF ROSEHILL



BSA Troop 533



BSA Troop 1907

Boy Scouts of America, Troop 533 & 1907 FUNDRAISER!!!

Good Shepherd United Methodist Church and Fairfield Baptist Church

If you are looking to beautify your landscape and bring your lawn back to life, then you will be interested to know that it is that time of year again for fertilizer and mulch sold to you and brought to your home by your local boy scouts. Coming this spring!

Troop 533 Chartered by GSUMC and Troop 1907 Chartered by FBC have joined forces once again to conduct their annual fertilizer and mulch fundraiser starting on January 13, 2015. Troop 533 has delivered to homes in the Cypress community for more than 10 years and is proud to continue this tradition. Scouting makes a direct and positive impact on your community by teaching positive values and leadership skills to our youth. Your support ensures that Scouting will continue building character, fitness, and citizenship for years to come.

The funds from your purchase will directly benefit the troop and each individual scout on their continued journey through the scouting programs. The proceeds from each of the scout's sales will help fund activities such as High Adventure Summer Camp , Treks, Monthly troop campouts and so much more. By purchasing your lawn mulch and fertilizer from the Scouts, you are directly supporting scouting programs where you live — programs that clean up your parks, gather food for the area needy, and even help your community prepare for disaster.

This year's offerings include Red or Black mulch, Hardwood or Pine mulch as well as Premium or Slow Release fertilizer and Weed n Feed fertilizer. Scouts will be visiting your neighborhood soon. All purchases will be Scout delivered on February 28, 2015.

For your convenience, Scouts will be selling door to door in your subdivision beginning January 13th. If you are reading this circular and think we may miss you or want to support, please order by emailing Troop 533 at BoyScoutsTroop533@yahoo.com or contact Stacy Hedrick 832-419-3199

Yours in Scouting,

Scoutmaster Louis Mayer (Troop 533) and Scoutmaster David Goodin (Troop 1907)

LAKEs OF ROSEHILL

THE CYPRESS SYMPHONY PRESENTS

A STRING POTPOURRI

with Tom Hong, Guest Conductor



January 24th, 2015 at The Centrum @ 7 pm

Featuring:

Telemann Viola Concerto

with Joan DerHovsepian, viola

Mendelsohn- Octet

Copland "Rodeo"

visit cypresssymphony.org for tickets



JANUARY MEETING

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, January 20th, 2015. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

All are welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings are open to all, and always feature great fellowship and informative guest speakers. For more information, visit the website at www.cytomdems.com; contact Glenn Etienne at cytomdems@yahoo.com; or "Like" the club on Facebook.

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TEENAGE JOB SEEKERS

NAME	AGE	BABY SIT	PET SIT	YARD WORK	PHONE
Abbie Austin	18	✓			832-220-6274
Elisa Berry*+	13	✓	✓		281-256-0336
Lauren McCullar.....	18	✓			281-213-9262
Alisson Reese.....	15	✓	✓		713-724-1917
Catherine Reese.....	14	✓	✓		713-724-1917
Carly Stephenson...	17	✓			281-256-9621
Garrott Hand.....	17		✓		281-304-9794
Regan Massey*.....	17	✓	✓		281-304-5507
Nicholas Webster...	13		✓	✓	281-304-5095

* CERTIFIED/CPR + MOTHER ASSISTED

ATTENTION TEENAGERS: The Teenage Job Seekers listing service is offered free of charge to all Lakes of Rosehill teenagers seeking work. For any additions or changes to list, please email lakesofrosehill@peelinc.com.

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