



The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

The Rosehill *Report*

February 2016

Volume 7, Issue 2



BOARD REPORT

The day-to-day Operating Expenses of the Homeowners Association, such as Administration, Utilities, General Maintenance, Amenities, Landscaping, and Miscellaneous Operating Expenses, are covered by the Annual Assessment Fee and, at the end of November, 2015, we had spent 93% of our budget for 2015. Our Operating Budget for 2015 was based on utilizing 97% of the income raised from our 2015 Annual Assessment and we are anticipating that our total Operating Expenses will be at, or just under, the budgeted amount when we close out the 2015 financial year.

The Capital Reserve is used for extraordinary maintenance, repair, end-of-life replacement and the enhancement of assets and funding for this comes from the Reserve Assessment. A third party study of projected Capital Reserve needs for the next 30 years was undertaken in 2012 and, based on that study, it

was recommended that the accumulated balance of our Capital Reserve Fund be equivalent to \$700 and \$935 per homeowner by the end of 2015 and 2016, respectively. As things currently stand the projection is that the actual accumulated balance of our Capital Reserve Fund will be equivalent to \$500 per homeowner at the end of 2015 and \$750 per homeowner by the end of 2016.

A Special Assessment of \$600 per homeowner was approved in October, 2014 to provide the funds needed to undertake some extraordinary asset repair work in 2015. As of the end of November, 2015 we had used 72% of the funds raised through the Special Assessment and we are projecting that the total committed spend in this area will be slightly less than, or equal to, the funds raised when we close out the 2015 financial year.

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.....	1-888-687-6444

COMMUNITY CONTACTS

BOARD OF DIRECTORS

Mike Kucharski	President
Robin Border.....	Vice President
Mike Finke	Secretary
Mike Bock	Treasurer
David Luck.....	Director at Large

To contact the Board, email Board@lakesofrosehills.com

ACC MEMBERS

Michael McBride, Scott Brown, Teri Ellingham

BLOCK CAPTAIN

NEIGHBORHOOD WATCH CAPTAIN

Yvonne Bukowski, Dawn Ziemianski

MANAGEMENT COMPANY

Gloria Lee, CMCA, AMS	281-537-0957 x27
Direct Line	281-586-1727
Email	glee@chaparralmanagement.com

Kids' Track Team Season Starts February 15

The Northwest Flyers Track Club is now registering new and returning athletes for the 2016 spring and summer track season. All athletes new to the sport who are not on school track teams must pass a fitness test at their first practice in order to join the team. Practices are held on Mondays and Thursdays at Cypress Creek High School track, 9815 Grant Rd., Houston.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin.

The club was founded 29 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Those who missed the mandatory orientation on February 6 may register online at www.northwestflyers.org. Contact the club at linette.roach@sbcglobal.net or 281-587-8442.



**MANY LAKES OF ROSE HILL ROOFS ARE DAMAGED
FROM MAY 28, 2014 & APRIL 19, 2015 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!**

OTHER SERVICES:

- INTERIOR & EXTERIOR PAINT • PATIO ADDITIONS • ROOM ADDITIONS
- BATHROOM & KITCHEN REMODELING • FENCING & FENCE REPAIRS
- ENERGY EFFICIENT VINYL REPLACEMENT WINDOWS
- HARDIPLANK FIBER CEMENT SIDING • ROOF MAINTENANCE & REPAIRS

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
COUPON
\$250**

(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.

**CALL (281) 376-7474
FOR A FREE ESTIMATE
WWW.ANDERSONRESTORE.COM**

LAKES OF ROSEHILL

ACUPUNCTURE

Acupuncture and Traditional Chinese Medicine (TCM) are safe, effective and drug-free options for the treatment of most non-emergency medical conditions. Whether you're new to acupuncture or have years of experience, acupuncture can help your general health.

What is acupuncture?

Acupuncture is a form of treatment involving the use of very fine filiform needles that are inserted into certain specific points of the body. This stimulates the body to increase circulation and activate the body's own natural healing process. Acupuncture can be used to treat a wide range of conditions and illnesses and is a wonderful option when western medication does not work or is not tolerated.

What to expect?

Acupuncturists often use additional techniques, such as tui-na, cupping and moxibustion, in conjunction with acupuncture. Tui-na is a form of



(Continued on Page 5)

Your Cypress Specialist



Lakes of Rosehill

Coveted Lakes of Rosehill for less than \$500K



Prime Location for Retail

3.6 acres/Spring Cypress Rd. Highly Traveled, Desirable Demographics



Cy-Fair ISD

Approx 14 acres w/ Beautiful Exec Home, 2 Storage Bldgs., & Pool



Please Call Me for More Information or to Schedule a Viewing

Gina Baker

Broker Associate

Office: 281.304.1344

www.ginabaker.com



Cell: 281.685.0306

26321 NORTHWEST FRWY #100 • CYPRESS TX, 77429

LAKE OF ROSEHILL

(Continued from Page 4)

Chinese manipulative therapy, consisting of massage, acupressure and other forms of body manipulation. It works by applying pressure to acupoints, meridians and muscles or nerves to remove blockages that prevent free flow of Qi (energy) through the body. Cupping involves the use of glass globes placed on the body to create a suction effect. The vacuum effect that draws up the skin is believed to open up the skin's pores to stimulate the blood flow to the muscles, balance and realign the flow of Qi. Cupping may result in small, circular bruises in the area where the cups were applied, but these bruises are usually painless and disappear within a few days after the treatment. You may have seen these cupping marks on the back of the Chinese Olympic swimmer Wang Qun at the Beijing Olympics in 2008! Finally, moxibustion is a traditional therapy that involves the burning of moxa made from dried mugwort, a soft and wooly herb, to penetrate to a deeper level of the body. Moxibustion has been used throughout Asia for thousands of years; in fact, the actual Chinese character for acupuncture, translated literally, means "acupuncture-moxibustion".

What about herbal medicine?

Chinese herbal medicine refers to the use of a plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Traditionally, this involves formulating a mixture of various herbs to create a formula based on a patient's specific needs. These herbs can be taken

in the form of herbal tea after boiling the herbs in hot water to extract the active ingredients. Although herbal medicine is still widely used and available, formulations in the form of tablets or capsules are more convenient and have become more popular these days.

What conditions can be treated?

Acupuncture and Traditional Chinese Medicine (TCM) is most commonly used to treat pain caused by various illnesses such as arthritis, bursitis, fibromyalgia and PMS. It can be very effective for treating migraine, back pain, neck pain, frozen shoulder and sciatica. Acupuncture can also achieve good results when treating stress related problems such as insomnia, anxiety and depression. It is an effective way to treat substance abuse, reduce substance dependencies (e.g. pain killers) or help you to quit smoking or reduce weight. Acupuncture may also be used as an adjunct to physical rehabilitation or surgical intervention to hasten functional recovery. Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. Please refer to the Classical Ads of this newsletter for our detailed information or visit www.amaranthacupuncture.com.

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

WE'D LOVE TO HAVE YOU JOURNEY WITH US!

Pre-K - 12th Grade
Fully Accredited

RCSEAGLES.ORG
281-351-8114
19830 FM 2920
TOMBALL, TX 77377

Come visit! SCHOOL PREVIEW February 18th at 6:30 p.m.

R ROSEHILL
BECAUSE THE JOURNEY MATTERS

PEEL, INC.
community newsletters

ADVERTISE YOUR BUSINESS TO YOUR NEIGHBORS

support your community newsletter

Jackie Owens
jowens@peelinc.com • 832.482.8132
Sales Representative

February is Heart Health Month

Imagine this. What if you had a guide that would guarantee you a longer life, prevent heart disease, and help you feel stronger and healthier starting right now? What if you had a road map that would improve your quality of your life and give you the energy and time to invest in your life goals?

Believe it or not, there is such a guide.

On January 20th 2010, the American Heart Association announced its new health impact goal: to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent. That's a big goal! How can the AHA possibly achieve it?

The answer? By helping people identify and adopt healthier lifestyle choices. For the first time, the American Heart Association has defined "ideal cardiovascular health," and identified seven health factors and lifestyle behaviors that support heart health. The American Heart Association calls these "Life's Simple Seven." Improvements in these seven areas can greatly impact your quality of life and life span.

Between 2000 and 2010 death rates from heart disease dropped nearly 40% and deaths from stroke dropped by about 35%; that's a big deal. BUT, despite this, heart disease and stroke are still leading causes of death. It's true we've been told what we can and can't do; (wag finger) "no red meat, no donuts, not too much alcohol, take this pill but not that one, no cheating over the holidays." This list of negatives can make anyone rebel. Instead of living in fear of disease, why not embrace your best health potential? This is a life success plan. That's a plan that works for everybody: men and women, children and adults, and older folks, too. It's about life satisfaction and living well. Best research now tells us that if you are a 50-year-old man or woman in optimum heart health your life expectancy is at least another 40 years—and that's 40 years free of heart diseases and stroke. We are talking about good living, not just existing. Importantly, everything in the plan is within reach and it's cost-effective for everyone. Curing heart disease may be some time coming. If you already have heart disease, breakthrough discoveries are happening every day, but you can still help yourself. In fact, nearly everyone can adopt this plan. Think about this new goal and the simple seven; join the American Heart Association in helping to build a healthier world, free of cardiovascular disease and stroke.

Let me emphasize, these are not just "seven good ideas." These are THE seven most important things you can do to live a healthy life free from cardiovascular disease and stroke!

My Life Check is an accurate assessment of how you are doing in the seven areas. It's based on the knowledge and expertise of medical experts from the American Heart Association. Once you've taken My Life Check, your heart score will help you understand what simple steps you may need to take to improve your heart health and quality of life. From there you will be directed to specific action plans that will teach you how to change your behaviors and move you closer to your individual health goals.

Manage Blood Pressure

Hypertension, or high blood pressure, is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because it has no symptoms. One in three adults has high blood pressure, yet about 21% don't even know they have it. Of those with high blood pressure, 69% are receiving treatment, but only 45% have their blood pressure controlled.

Never judge your blood pressure by how you feel or your best guess. High blood pressure has no obvious symptoms until serious damage is well underway. No one can afford to ignore blood pressure. It's a problem for one out of three American adults, and many of those affected are not even aware.

Also, learn healthy habits for eating well and staying active. If you can, don't do it alone; get the whole family involved. When your whole family commits to staying active and eating right, you'll cultivate good habits you will all use for life. What better gift is there to give?

Get Active

The evidence is clear: people who exercise have better health than those who do not.

A recent American Heart Association survey shows that fewer than two out of every ten Americans get the recommended 150 minutes or more of moderate physical activity each week, so you are not alone.

Just like eating, sleeping, and brushing your teeth, physical activity is one of life's basics; it must be done. Just move in some way that increases your heart rate.

We're not talking about marathon training here. Choose activities you can enjoy. A walking program has the best success rates because people stay with it. But do what works for you. If it gets your heart rate up for 30 minutes, it counts. Just do something. Break into two sessions of 15 minutes each if that works best for you.

Control Cholesterol

Let's be clear about what cholesterol is and why it's important for reaching your health goals. Everyone has cholesterol. It's the waxy substance in your bloodstream and cells. Some cholesterol is important for good health, but too much cholesterol in your blood puts you at major risk for heart disease and stroke. When too much LDL (or bad) cholesterol circulates in the blood, it can slowly build up inside the walls of your arteries that feed your heart and brain. Cholesterol particles get lodged into your arterial walls and get stuck there. Then cholesterol combines with other substances in your blood to form plaque—a thick, hard deposit that can narrow the arteries and make them less flexible, putting you at major risk for heart disease and stroke. Remember: you want your blood to be able to "go with the flow" so keep cholesterol low!

How do you control cholesterol? First, follow your healthcare provider's advice, which will likely include making healthy food choices. About 25% of your cholesterol comes directly from what

(Continued on Page 7)

(Continued from Page 6)

you eat, so we have a lot of control of those numbers. Pay attention to your food choices. Always.

Next, get active. You can never be “too busy” to exercise. Make physical activity a habit and you’ll realize the benefits almost immediately. Not only will it help your cholesterol, but you’ll lower your blood pressure, control your blood sugar by improving how your body uses insulin, reduce feelings of stress, control your weight and make you feel good about yourself.

Eat Better

Your body is counting on you to choose a wide variety of foods that are high in nutrition and fiber and low cholesterol and fat. If you were to write down every single bite that you put into your mouth during a day, what do you think you would learn about your nutrition habits?

Eating for good health means choosing lots of fruits and vegetables, whole-grain carbohydrates, and fat-free or low fat dairy products and training yourself to avoid foods and drinks with high sodium or added sugar. Another perhaps surprising part of healthy eating is to regularly include fish rich in Omega-3’s. It’s great for your heart and your brain. These guidelines are important for your whole family. Everyone in your house will benefit from eating this way.

It can be tough to change eating habits, but it’s easier when you have a plan. Take stock of what you have in your kitchen at home. What do you see? Do you have plenty of healthy options? Is your pantry stocked with whole grain cereal, oats, whole-wheat bread, whole grain crackers and pasta, and lots of heart-healthy seasonings? Is the refrigerator stocked with fresh fruits and veggies, fat-free milk, yogurt, and healthy proteins?

Keep a food journal, even you only do it for one or two days. It will help you become aware of what you eat and find out how your choices measure up. A food journal makes it easy to see the areas where you can make simple improvements.

Finally, substitute good choices. If you have a lot of junk in your kitchen, you’ll be tempted to eat it when you’re in a hurry, but with good planning, when you’re in a hurry, you can grab an apple or another healthy treat instead.

Lose Weight

If you’re overweight, don’t waste your energy feeling guilty or bad about it. Instead, do something positive. BMI is key. BMI is a height-to-weight comparison that helps you identify the healthy weight target for your height. If your BMI is higher than 25, you need to bring that number down.

Weight loss is best achieved over time and with a commitment to better health. Losing weight means changing the balance of calories in to calories out. If we eat more calories than we need, we gain weight. If we eat fewer calories than we use, we lose weight. So start with good information. Know how many calories you need each day for your level of activity, and then find ways to stay within your limits. You might even keep a food journal at first to help you notice how much you are eating and whether you’re eating out of habit instead of real hunger.

There are few steps you can take to reduce the number of calories



you take in. Plan your healthy-eating calories and stick with your plan. When you get tired and hungry, you’re more likely to stop for fast food or snack on junk. Plan healthy meals and snacks to help break that habit. If you have kids, invite them to help plan. Educate yourself and your kids about healthy food choices. When you “feed your motivation” by reading nutrition articles and recipes, you engage your motivational brain. Read up on healthy food preparation, like steaming your veggies and avoiding extra fats. Read food labels and avoid foods that are high in sugar, saturated fat, trans fat and calories.

But remember, there are two sides to weight loss. Often, when we diet, we focus on decreasing our calorie intake, but there’s another, equally important factor. We need to increase the calories we burn.

I’m going to say it again--regular physical activity, even 30 minutes a day, is essential. Besides helping you lose weight, it also helps reduce your abdominal fat and preserve muscle during weight loss. We’re all different, so the amount of exercise we each need for weight loss will vary, but a good plan includes 30 to 45 minutes of moderate physical activity, like brisk walking, done nearly every day.

Don’t Smoke

Even if you’ve smoked for years, your body can start the repair process as soon as you stop harming it with more smoke. If you’re ready to start your plan for smoke-free health, it’s a good idea to talk with your healthcare provider. Medication can be helpful for some people during the kick-the-habit phase and research shows combining medical and behavioral therapies can increase success rates. But with or without a prescription, here’s a good plan to improve your chances for success.

First, focus on the rewards. It’s a lot more satisfying to make life-changes when you focus on the positive rewards that motivate you. So today, make a list of all the benefits you’ll experience by tossing out

(Continued on Page 8)

LAKES OF ROSEHILL

(Continued from Page 7)

those cigarettes. Think of the money you'll save, the benefits to your health (and to the health of those around you), and the satisfaction of conquering your cravings. Write down any personal benefit you can think of and keep your positive list handy.

Second, plan your response to roadblocks. The hardest part is usually the first couple of weeks.

Here's what one gentleman determined to quit did to get past those roadblocks. He wore a rubber band around his wrist and whenever had the urge to smoke, he'd snap himself, check the clock, and go over his positive motivation list. He had made a deal with himself that he would wait 15 minutes from the rubber band snap to allow the craving to pass. If it wasn't gone in 15 minutes, he would go for a walk or do something else to help get rid of his tension.

Make a plan now for how will you distract yourself during those first few tough weeks. Start by planning out day one. Be creative. You can quit one day at a time. And remind yourself that the difficulty is TEMPORARY! The craving to smoke will not last forever and once you get past that challenging part, you'll be well on your way to better health.

Third, choose your reinforcement. Mark a big red X on your calendar for every day you conquer. It will be a visual reminder of what you're accomplishing. For other ideas, check out some of the material on the My Life Check website.

Reduce Blood Sugar

Our digestion turns all carbohydrates into sugar or glucose which is then carried throughout your bloodstream to give you energy. Complex carbohydrates like whole-wheat breads and grains, and fruits and vegetables take longer to digest, helping to keep your energy supply steady. But simple sugars, like sweets, donuts, and white bread are very quickly converted into glucose, which can cause your body to call for extra surges of a hormone, insulin, to help regulate the energy supply. If your blood sugar is high, as often happens when you maintain a diet with too many simple carbohydrates, it encourages the growth of plaque in your arteries. While this is bad on its own, problems can become much worse when your body gets resistant to insulin or you simply stop making insulin altogether. This condition, known as diabetes, is treatable but very dangerous, and can often lead to heart disease and stroke. Even if you don't have diabetes, you

need to know your blood sugar level. Be sure to get a blood sugar level test after fasting at least every three years, because controlling glucose is an important part of stopping heart disease before it starts.

If your blood sugar level is higher than the ideal, here's what you can do to make a positive difference in your life and health. First, make good food choices. Choose a good balance of nutritious foods that take time to convert into glucose. It's a good idea to eat small portions and include foods like oats, granola, pears, oranges, peas, and beans, all of which are a great source of complex carbs. Drinking enough water can also help your lower your blood sugar.

Second, commit to a physical activity routine. Physical activity breaks down carbs more quickly, which helps get them out of the bloodstream and lowers the sugars. For diabetic individuals, exercise is often just as essential as medication because it is so effective at blood sugar regulation.

And third, make sure you maintain a healthy weight. If you are overweight, even losing as few as ten pounds can go a long way toward helping your blood sugars stay controlled.

Remember, Life's Simple Seven work together to help you build a better and stronger life, so by investing in improving in one area, like your blood sugar levels, you are likely to improve your weight and nutrition, too.

However, without a plan, you'll be at an increased risk of heart disease, stroke and other illnesses and disabilities. You may see an increased need for surgeries and other medical treatments, and you'll almost certainly face a diminished quality of life.

But with Life's Simple Seven, you can KNOW you're taking care of yourself to reach your best health potential for yourself and for those you love!

Focus on your goal: feeling your best and living a healthy life. By taking small steps one day at a time, one meal at a time, and one walk at a time, you will start to notice a difference in your energy level and your sense of well-being as you choose good health. Let's plan for many years of living well, and I hope you'll join me in taking the simple seven to heart.

For more information please visit <http://www.heart.org/HEARTORG/Conditions/My-Life-Check>

*References – American Heart Association, <http://www.heart.org/HEARTORG/>





LEAF CUTTING ANTS

Leaf cutting ants are reddish-brown with three pairs of spines on the thorax and one pair of spines on the back of the head. Workers come in various sizes, but can be up to ½ an inch long. Mounds can become large and are sometimes mistaken for fire ant mounds. Leaf cutter ant mounds have a central opening and often a crater shape at the top.

Leaf cutting ants typically forage when the temperatures are cooler, such as at night or in the morning. They can sometimes cause complete defoliation of plants or small trees overnight. These ants remove leaves and buds from plants in the landscape. The ants do not eat the plant pieces, but take the pieces back to their colony and feed them to a fungus garden. They tend a particular species of fungus and weed out any other fungus from the garden.

Colonies may exist for years and can exceed over two million ants. It is not unusual for a single colony to cover an acre of land. Colonies are usually found in well drained, sandy or loamy soils.

Plants can be temporarily protected by using spray adhesives around the base of the plant. The adhesive would need to be refreshed often when dirt or debris accumulates. Temporary protection can

also be provided with contact insecticidal spray or dusts labeled for “ants”. If mounds are located in an area, the bait product labeled for leaf cutter ants, Amdro Ant Block, can be broadcast with a hand-held spreader around the mound area. If no mounds are seen, then residual sprays and dusts labeled for “ants” can be used along foraging trails and around openings.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas AgriLife Extension Service or the Texas AgriLife Research is implied.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.

WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE
LICENSED & INSURED

**Take \$25.00 Off Your
Next Service Call**



FAMILY OWNED AND OPERATED
713.467.1125 or 281.897.001
www.WiredES.com



TECL 22809 Master 100394



BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Repair/Replacement
- Custom Staining
- Gutter Repair & Replacement
- Crown Molding
- Wallpaper Removal
- Wood Replacement
- Interior Carpentry
- Wallpaper Removal & Texture
- Garage Floor Epoxy
- Roofing
- Faux Painting

NO MONEY UP FRONT

20 Years Experience • References Available

Commercial/Residential

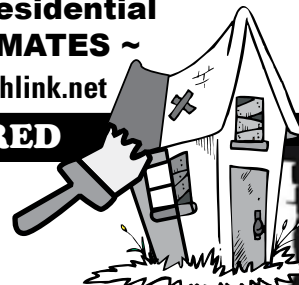
~ FREE ESTIMATES ~

BashansPainting@earthlink.net

♦ FULLY INSURED

281-347-6702

281-731-3383 cell

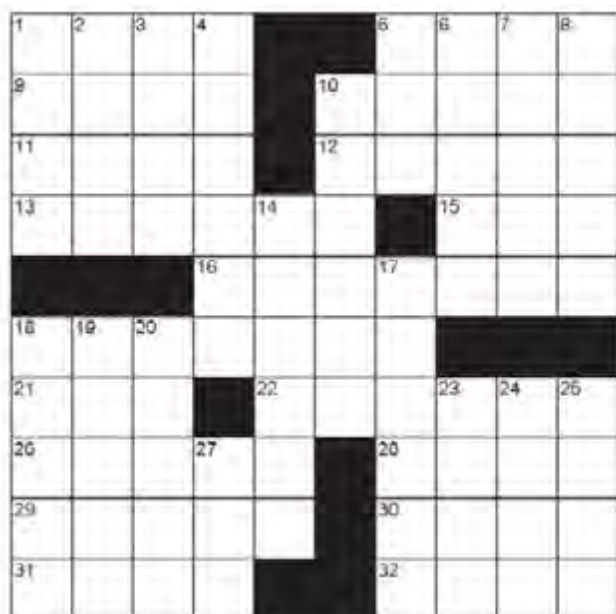


HARDIPLANK®



LAKEs OF ROSEHILL

CROSSWORD PUZZLE



ACROSS

1. Part of doorway
5. Baby
9. Seaweed substance
10. Transparent gem
11. Defeat
12. Blend
13. Suck up
15. Electroencephalograph (abbr.)
16. French composer Claude
18. Artifacts found in rocks
21. Rend
22. Elite
26. Reorient
28. Canal
29. Meal listings
30. Opp. of ill
31. Adam's garden
32. Hawk

DOWN

1. Indonesian island
2. Elderly
3. Welcome rugs
4. Sulks
5. TV lawyer Matlock
6. Sign of the zodiac
7. Computer memory units
8. Lamenting poem
10. What a gum chewer blows
14. Ruled over
17. "___ and World Report"
18. Border
19. Lubricated
20. Chine
23. Elm
24. Small brook
25. Holler
27. Bullet shooter

© 2006. Feature Exchange

View answers online at www.peelinc.com

© 2006. Feature Exchange

COMING SOON TO CYPRESS

MEMORIAL HERMANN
Convenient Care Center

24-hr ER

Primary Care

Breast Care Center

IMAGING SERVICES

Sports Medicine & Rehab

TRUSTED

CARE FROM TRUSTED NEIGHBORS

Providing the full spectrum of care.

Appointments available

Monday - Saturday, 7 a.m. - 7 p.m.

24-hr ER, 7 days a week

Located at Highway 290 between Mueschke and Mason
27700 Northwest Freeway
Cypress, TX 77433

Visit memorialhermann.org to book online
with ScheduleNow or call 713.222.CARE.

ScheduleNow

powered by **healthpost**

MEMORIAL HERMANN

ADVANCING HEALTH

HAPPY VALENTINES DAY!



Our goal is to provide you with a great home buying or selling experience. We have LISTED and SOLD many homes in the community. We know the area, schools, and type of amenities buyers are looking for.



RE/MAX Northwest Realtors
Cindy Boutwell &
Dan Boutwell
The Dan & Cindy Boutwell Team
281-797-3590 (Cindy)
281-468-2853 (Dan)
cindy@dan-cindy.com

*We offer boutique style marketing
designed around your home & lifestyle*

*We provide FREE staging advice &
assistance*

*We provide professional night photos of
your pool and/or outdoor landscaping*

We work with Buyers & Sellers

Call Us Today & We will get you moving



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

LOR



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9181

OR VISIT

PEELINC.COM