

Me, eat Rabbit Food?

A Plant Diet Can Boost your Health and Be Delicious!

Research shows that flexitarians ...those who make plant foods the star of their diet, with meat, fish, dairy, and eggs playing a supporting role-are healthier than frequent meat eaters. Some of the possible benefits of this diet are:

- Decrease the risk of heart disease
- Decrease the risk of diabetes
- Decrease the risk of certain cancers
- Help maintain a healthy weight
- Lower the risk of inflammatory diseases
- Help improve cholesterol levels
- Help improve blood pressure

“When you base your meals on plant foods, you’re packing your diet with the fiber, vitamins, minerals and healthy fats that most Americans don’t get enough of.”

“A Harvard study that tracked more than 120,000 people for 30 years found that those who ate the most meat tended to die younger during the study period but that swapping just one daily serving of beef for nuts could cut the risk of dying

early by as much as 19 percent. One possible reason for those benefits is that a plant based diet can improve blood lipid levels.

A “less meat, more plants” style of eating can also improve the quality of your life.

Here are a few ideas if this is something you want to consider:

Breakfast: Avocado toast: 2 slices of whole grain bread, mashed avocado, red pepper flakes, sea salt; coffee with coconut milk creamer.

Lunch: Quinoa tabbouleh with chickpeas: Cooked quinoa, chopped tomatoes, chopped cucumber, chopped parsley, olive oil, lemon juice, black olives and garbanzo beans.

Dinner: Black-bean tacos: Corn tortillas, black beans, roasted cauliflower, jarred corn salsa, pico de gallo, cumin and salad greens.

Dessert: Frozen banana “ice cream”. Blend a frozen banana in a blender with a touch of almond milk until it resembles soft serve, topped with chopped walnuts.

Information courtesy of WebMD and Consumer Reports



HOA INFORMATION

BOARD OF DIRECTORS

- President - Raj Amin
- Vice President - Aaron Duhon
- Treasurer - Jose Villegas
- Secretary - Hema Verma
- Director - Kenneth Meyers

FIRSTSERVICE RESIDENTIAL TEAM

- Community Manager - Jennifer Meador
- Service Specialist - Berna Gonzales
- Contact us at 713-932-1122 or email Jennifer.Meador@fsresidential.com or Bernadette.Gonzales@fsresidential.com

COMMITTEES

- Security – Ken Meyers\James Peiffer
- Lakes – Aaron Duhon
- Landscape – Aaron Duhon\Tim Henderson
- Pool – Jose Vellagas\Lu Harrison
- Clubhouse – Lu Harrison
- Clubhouse Furniture – Racheal Huber\Delisa Meyers
- Social Events – Hema Verma\Darlene Lee
- Architectural – Nick Nguyen

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency/Ambulance911
Fire Dept.....911
Sheriff's Dept. 713-221-6000

NON-EMERGENCY NUMBERS

Animal Control..... 281-999-3191
Center Point Gas..... 713-659-2111
Center Point (Street Lights)..... 713-207-2222
EDP Water - Mud #29..... 832-467-1599
Library 281-890-2665
Post Office..... 713-937-6827
Waste Management/Trash 713-686-666

NEWSLETTER INFO

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Cell Phone: _____ Alt/Home Phone: _____

Email Address: _____

☐ OWN: Purchase Date: _____

☐ RENT: Owner's Name & Address: _____

Replacement and/or additional cards may be purchased for \$25.00 per card.

PLEASE LIST ALL NAMES OF FAMILY MEMBERS RESIDENING FULL TIME AT THIS PROPERTY:

FIRST & LAST NAME	AGE	HAIR	EYES	HGT	MEDICAL

PLEASE LIST AN EMERGENCY CONTACT:

NAME: _____

PHONE: _____

Please mail the completed for to:

Windermere Lakes Homeowners Association, Inc.

5295 Hollister St. Houston, TX 77040

Alternate Options:

Fax: 888-569-1155

Email: ContactUS.TX@FSResidential.com

ACCESS CARD: _____ ACCESS CARD: _____

SIGNATURE: _____

**PLEASE BE ADVISED THAT YOU ARE RESPONSIBLE FOR THE SAFETY OF YOUR GUESTS. NEVER
LEAVE CHILDREN UNATTENDED IN THE POOL.**

Community Permits and Tags

Fishing Tags

Each residence shall be given two orange Fishing Tags that must be carried at all time when fishing off public docs in our community. Police do not know who lives here and are instructed to stop and check at random for Orange Fishing permits that show you are a resident of Windermere Lakes. NO TAG=NO FISHING. If caught without a fishing tag, you will be asked to stop fishing immediately and return home to retrieve your fishing tag.

Fishing License Permits

Windermere Lakes is considered a private lake operating under the guidance and jurisdiction of the Wildlife and Fisheries Department and because of this you're "Fishing License" must be current. You can be fined if caught fishing off public or personal docks without a current license.

Parking Tags

Each car that is parked in the Windermere Lakes Community must have a Round Parking Permit on: Back windshield- middle top position of the car. This allows patrolling officers to know if a strange car is in our community. If checked the cars must be registered at your address as the owner and operator.

Boat Tags

Boat Tags are very important as many times boats become untied and float off to other areas of the lake. Lake rules imply that if a boat is found, it is kept for 30 days. If not claimed by its owner, the boat will be considered free property. Same rules apply to boars that are left to sink, damaged or deserted.

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Windermere Lakes **NON-MOTORIZED BOAT REGISTRATION**

Owner of Boat _____

Address _____

Alternate Address (if applicable) _____

Home Phone _____ Cell Phone _____

Email Address (s) _____

Owner of Residence (if different than Boat) _____

Address _____

Alternate Address (if applicable) _____

Home Phone _____ Cell Phone _____

Email Address (s) _____

BOAT INFORMATION

Type _____

Other Special
Notation(s): _____

I have received a copy of the *Rules & Regulations Relating To Boats, Docks and the Use of The Recreational Lake at Windermere Lakes*. **Failure to abide by the Rules and Regulations relating to the use of the recreational lake by any operator may result in fines and/or legal action.**

Owner of Water Craft Signature

Date

Disclaimer: *This registration and inspection process is to provide documentation for the Windermere Lakes Homeowners Association that the property owner registering the above referenced water craft has complied with the recorded Rules and Regulations for the Recreation Lake in the Windermere Lakes Community, as those rules and regulations relate to the type and size of water craft. The inspection and registration process does not however provide any warranty or certification to the safety of the water craft or the ability of the owner of said craft for its proper operation.*



Did you know that Girl Scouts are more likely than non-Girl Scouts to...

- Advocate for herself and others
- Set ambitious goals and think about her future
- Be mentally and emotionally stronger
- Be financially independent
- Overcome failure and fears and so much more!

Through a girl's experience in Girl Scouting, she has additional opportunities to make new friends, have new experiences, and work together with other girls to serve in her community. Girl Scouts is about charting the course of a girl's destiny so she grows up confident, knowing she is capable of achieving great things in life of being successful and doing something significant!

It's August and that means the summer is winding down and school is starting soon. As you start planning your daughter's activities, we hope you plan make Girl Scouts a part of it. If you'd like your daughter to explore new interests, achieve her goals, or simply to make new friends to overcome their shyness, look for Girl Scout recruitment events in your school. Girl

Scouts is for girls in grades kindergarten to 12th grade and the cost is \$15.

You can join Girl Scouts at www.gssjc.org or contact Jo Anna Harris at jharris@sjgs.org. We are looking forward to another great year in the Cypress area and hope you can join in on the fun!

Diwali Event October 28th 2016

Meeting for Volunteers will be August 23rd 2016 at 7PM.

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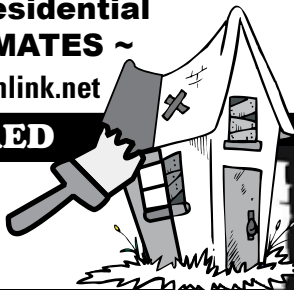
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Crickets

Field crickets are a common sight around homes in late summer into autumn. These insects are about 1" long when fully grown. Crickets are dark brown to black with large hind legs used for jumping. They also have two cerci, or appendages that come off the tip of the abdomen. Female crickets have a large sword-like structure, the ovipositor, protruding from the tip of the abdomen. The ovipositor is used to deposit eggs into soil.

Crickets feed on plant material as well as other insects. They are able to cause damage to seedlings and sometimes large populations can be destructive. Large masses of dead crickets around doorways or other areas can be distasteful to view and cause a foul odor.

Field crickets are primarily outdoor insects, but may occasionally venture indoors. When crickets do come indoors, they may bother residents with their chirping. Males chirp to attract a mate creating the sound by rubbing their forewings together.

Cricket management is more easily accomplished in the summer when nymphs, who cannot fly, are present. Unfortunately, this usually isn't when large populations of crickets are discovered.

Before turning to pesticides to manage your cricket problems, try these ideas:

- Turn off outside lights at night or use bulbs that are less attractive to insects
- Seal cracks & crevices where insects can enter with sealant
- Remove debris stacked near the structure
- Keep lawn & surrounding areas mowed
- Stuff weep holes with copper mesh

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 <http://www.urban-ipm.blogspot.com>

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