



# The Rosehill *Report*

The Official Newsletter  
of the Lakes of Rosehill  
Homeowners Association

May 2011

Volume 2, Issue 5

## OVERCOMING BARRIERS TO EXERCISE

### *Enjoyment, Time, & Know How*

By Sarah S. Jordan, MS

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

#### **1st Barrier**

##### **I don't enjoy exercise.**

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

#### **2nd Barrier**

##### **I just can't find the time.**

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the busy day kicks off ensures that they happen, and the entire day will be so much better because of it!
- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we

step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

#### **3rd Barrier**

##### **I don't know how to exercise.**

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at [www.acefitness.org](http://www.acefitness.org).
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

*We all know that it is not easy to make time to exercise. But we have the power to make choices that can shape our future based on how much we move now. Sometimes all it takes is one step in the right direction.*

---

# 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, Janice Morris.....	Janmor58@att.net
Advertising.....	advertising@PEELinc.com, 1-888-687-6444

---

# COMMUNITY CONTACTS

---

## BOARD OF DIRECTORS

Janice Morris .....	President
16606 Rose Trail · Cypress, TX · 77429	
Mark Riordan .....	Vice President
17318 E. Blooming Rose Ct. · Cypress, TX · 77429	
David Westmoreland .....	Secretary
16002 Drifting Rose Circle · Cypress, TX · 77429	
Mike Finke .....	Treasurer
16033 Drifting Rose Circle · Cypress, TX · 77429	
Richard Murphy .....	Director at Large
16602 Rose Trail · Cypress, TX · 77429	

To contact the Board, email [Board@lakesofrosehill.com](mailto:Board@lakesofrosehill.com)

## ACC MEMBERS

Mark Riordan, Donny Morris and David Westmoreland

## BLOCK CAPTAIN

## NEIGHBORHOOD WATCH CAPTAIN

..... OPEN

## MANAGEMENT COMPANY

Chaparral Management ....	<a href="http://www.chaparralmanagement.com">www.chaparralmanagement.com</a>
Cindy Angelo.....	281-537-0957, ext 12
.....	<a href="mailto:cangelo@chaparralmanagement.com">cangelo@chaparralmanagement.com</a>

---

# AMERICAN BUSINESS WOMEN'S ASSOCIATION *Cy-Fair Express Network (CYFEN)*

**Event:** Cy-Fair Express Network Monthly  
Networking Luncheon

**When:** May 26, 2011

**Time:** 11 a.m. – 1 p.m.

**Where:** Houston National Golf Club  
16500 Houston National Blvd  
Houston, TX 77095

## Networking and Professional Enrichment Luncheon

Cy-Fair Express Network (CYFEN) invites you to their monthly networking luncheon featuring an exciting professional enrichment opportunity from Sandler Training entitled, "No Guts, No Gain!" Admission is \$40 with advance reservations and \$50 at the door (includes lunch). Please make reservations online by May 20 @ [www.cyfen.org](http://www.cyfen.org) or call Darlene Hajduk @ 713-939-9730.

CYFEN's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

---

# CRIMSON CADETTE DRILL TEAM DANCE CLINIC

- Cypress Woods High School
- 16925 Spring Cypress Rd.
- 8:30 a.m. – 11:30 a.m.

The Cy-woods Crimson Cadettes Drill Team will host their 6th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 10-12. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2011-2012 school year. The fee is \$55 and includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email [goodsonms@comcast.net](mailto:goodsonms@comcast.net) or check out our website at [www.crimsoncadettes.com](http://www.crimsoncadettes.com). On the website, you will find a sign-up form and a link to PayPal for easy payment.

---

# BUSINESS CLASSIFIEDS

**WROUGHT IRON FENCE PAINTING** - Call Jerry at 832-283-1355 for estimates. Sand, prepare and paint with a marine paint should last 3-5 years!

# FULL SERVICE LANDSCAPE COMPANY



## 281-373-0378

*Proudly serving northwest Houston since 1997*



Gold Star  
Accredited Business



### Lawn Service

Commercial & Residential  
\$25.00 & up

### Landscaping

Landscape Design & Installation \*  
Seasonal Flowers \* Drainage \* Lighting  
Sod Installation \* Mulch Installation \*  
Rock Borders

### Patios & Walkways

Pavestone \* Concrete \* Flagstone

### Tree Service

Tree Trimming \* Removal \* Installation

### Sprinkler Systems

Design \* Installation \* Repairs  
Proper Coverage \* Warranty  
Licensed Irrigator #8587



### Fertilization & Pesticide

Spraying & Feeding for Lawn, Shrubs & Trees  
Fire Ant Control \* Tree Deep Root Feed \*  
Brown Patch Reduction  
State Licensed Applicator



## www.horizon-landscape.com



## Vision Pools & Outdoors

- Custom Pools
- Pool Renovations/Remodel
- Outdoor Kitchens
- Patio Covers
- Cabanas & Pergolas
- Full Service Landscape Design

### 713-677-4210

*Building visions of outdoor excellence*



# LAKES OF ROSEHILL



WRAP 2011 planning is underway! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. This year WRAP will be held at ITZ on May 27, 2011, as an overnight lock-in party, it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

- **WRAP still has openings for event chairs and co-chairs! Earn mega bucks by serving as a chair or co-chair!**
- **Have you filled out your Parent Information Form yet? We need this to get you on our e-mail list!**
- **Senior Parent t-shirts are on sale at every WRAP meeting. \$10/person**

Visit [www.cywoodswrap.org](http://www.cywoodswrap.org) and be an active parent!

**MEETINGS: FIRST THURSDAY OF EACH MONTH AT 7:00 P.M. IN THE CY-WOODS COMMONS.**

## FOOT & ANKLE *Specialists*

[www.louettafootandankle.com](http://www.louettafootandankle.com)

Serving your Community for 22 years

### HEEL PAIN / FALLEN ARCHES

Do you suffer from heel pain? Do the first steps out of bed cause you to limp or walk on your toes? If so, there is no longer any reason to suffer. Treatment for painful heel spurs has greatly improved and become less invasive. Relief can usually be obtained after one treatment. So if heel pain is cramping your style, don't despair, our doctors can help!

**FREE \* Initial Consultation**

\*X-rays and treatment not included.  
Inclusive only of co-payment for HMO, PPO, and Medicare patients.



**Dr. Brad Bachmann DPM**  
Board Certified in  
Foot Surgery



**Dr. Michelle Stern DPM**  
Member, American Academy  
of Podiatric Sports Medicine



**Dr. Amy Walsh DPM**  
Board Certified in  
Foot Surgery

**Louetta Foot Specialists**  
**281-370-0648**

8681 Louetta Road #150  
(between Champions Dr. & Champions Forrest Dr.)

**Foot Specialists of Tomball**  
**281-351-5599**

13414 Medical Complex Dr., Ste. 11

## Yardmasters, Inc.

"A Professional Landscaping & Lawn Maintenance Service"



**281-469-5158**



[www.YardMastersInc.com](http://www.YardMastersInc.com)



- **Lawn Services**  
*Mowing, Weedeating, Edging & Blowing*
- **Bed Cleaning**
- **Hedge Trimming**
- **Mulch**
- **Soil**
- **Sod**



Landscaping • Bed Renovation • Landscape Lighting  
Flagstone Borders • Flagstone Walkways  
**Hunter** Drainage Systems • French Drains **RAIN-BIRD**  
Sprinkler System Installation / Modification / Repair LI #5455



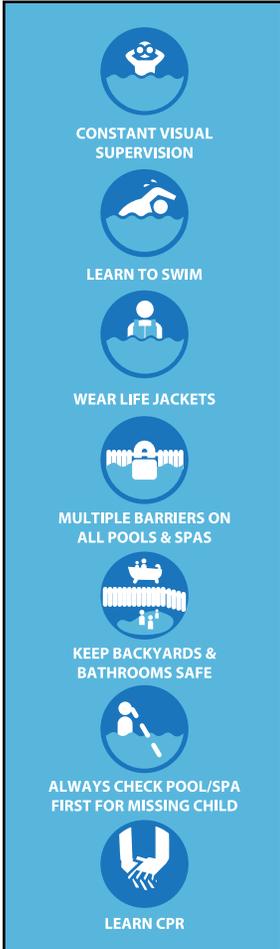
## CFISD VIPS VOLUNTEER AWARDS

Cypress-Fairbanks Independent School District honored its district and state volunteer and business partner award winners during the Volunteer Appreciation Luncheon on April 13, 2011. The award winners were nominated by various schools in the district at which the volunteers and business partners donate their time and were anonymously judged by a panel of business partners and community members. These extraordinary men and women were first selected as our district award winners and then competed against others in their categories from large districts at the state level. The state award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin at the State Awards Dinner on January 31.

### *The award winners were as follows*

- **Community Partnership, Academic Impact District Award**  
Hemmenway Helpers – Sampson Elementary Volunteers.
- **Event District Award**  
Lowery Elementary School Volunteer Appreciation Luncheon and Carnival
- **Business Partnership, Academic Impact District Award**  
Caterpillar Global Petroleum – Holbrook Elementary School Partner
- **Individual Partnership, Role Model District and State Gold Award**  
Leah Peroutek – Adam Elementary School Volunteer
- **Individual Partnership, Wisdom District and State Gold Award**  
Don Bradford – Lamkin Elementary School Volunteer
- **Business Partnership, Career Education District and State Gold Award**  
Mustang Engineering, L.P. – Watkins Middle School Partner
- **Community Partnership, STEM (Science, Technology, Engineering, Math) District and State Crystal Award**  
VIPS TAG (Target Achievement Globally) Team

The district congratulates these distinguished individuals and businesses for their awards and accomplishments and thanks them for their devoted service to the students who attend our schools. And to every volunteer in our district, we celebrate each of you for the service you provide our students and staff all throughout the year.



### COLIN'S HOPE

*Increasing water safety awareness and standards*

**BE SAFE IN THE WATER  
& HAVE THE BEST  
SUMMER EVER!**



*Drowning is a leading cause of unintentional injury-related death for children ages 1-14.*

**May is National Water Safety Month.**

*NO ONE is "drownproof", but drowning is PREVENTABLE.*

**Join us in getting ready for a safe summer in the water!**

**Colin's Hope Night at Eastside Movies in the Park**  
**Tuesday, May 3rd, Doors open at 6PM, Movie at sundown**  
Join us at The Expedition School Lagoon (On Lady Bird Lake in East Austin next to Fiesta Gardens) for a screening of Whale Rider. Bring your family and friends to enjoy the movie under the stars.

**Colin's Hope Day at Schlitterbahn-New Braunfels**  
**Saturday, May 21st**  
Join us for a day to promote Water Safety and Drowning Prevention at Schlitterbahn-New Braunfels! Special tickets are available from Colin's Hope. Email [alissa.magrum@colinshope.org](mailto:alissa.magrum@colinshope.org) for more information.

**For more info visit our website at [www.colinshope.org](http://www.colinshope.org)**

# LAKES OF ROSEHILL

*Recipe of the Month*

## CHOCOLATE CRINKLES

- ½ cup vegetable oil
- 2 cups sugar
- 4 squares unsweetened chocolate (melted)
- 4 eggs 2 tsp. vanilla
- 2 cups plus 2 level Tbsp. flour
- 2 tsp. baking powder
- ½ tsp. salt

Mix oil, chocolate, & sugar. Blend in one egg at a time until well mixed. Add vanilla. Stir flour, baking powder, and salt into oil mixture. Chill several hours. Drop teaspoon of dough rolled into small balls into powdered sugar. Place 2" apart on greased cookie sheet. Bake 10-12 minutes at 350 °. Do not overbake!

## CFISD VIPS SPRING WORKSHOP

- Tuesday, May 17, 2011
- 8:30 a.m. to 2 p.m.
- The Berry Center

Every school should plan to send their VIPS Liaison and incoming VIPS Coordinators to the Spring Workshop. A variety of workshops will be offered covering everything you need to know to kick off a successful volunteer program in 2011-2012. There will be many opportunities to network with other schools and to share ideas on how to make the next school year the best ever at your school. Mark your calendars now to share in this fun-filled and rewarding day! Look for details about workshops in the coming weeks. New and experienced volunteer liaisons, coordinators, chairpersons, officers and all interested volunteer leaders are encouraged to attend. The CFISD VIPS Spring Workshop is being held on Tuesday, May 17, 2011, 8:30 a.m. to 2 p.m. at the Berry Center. To attend this event, please email your name and name of your school to [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net). For more information, please contact the Partners in Education Office at 281-894-3950. *This is an adult only event.*

## To get the best in Cypress, work with Cypress' best.



14314 Spanish River  
Northlake Forest



15918 Linwood  
Coles Crossing



17659 Cypress Fields  
(10 acres) Cypress Fields



25922 Kickapoo  
(5 acres) Unrestricted

I can customize a marketing plan to get your home sold, please call today!



Your Cypress Specialist

**Gina Baker**  
Broker/Owner  
Cell: 281-685-0306  
[www.ginabaker.com](http://www.ginabaker.com)



**281.304.1344**

**26321 NORTHWEST FRWY #100 • CYPRESS, 77429**

NOT AVAILABLE  
ONLINE

At no time will any source be allowed to use the Rosehill Report's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Rosehill Report is exclusively for the private use of the Lakes of Rosehill HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\*The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining
- Roofing
- Gutter Repair/Replacement
- Faux Painting

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**  
bashanspainting@earthlink.net



**HEATHER'S MOBILE  
PET SALON**  
281.546.0697

heathersmobilepetsalon.com  
heatherngraveline@yahoo.com

Get 10% off your next  
groom OR a free flea bath  
when all stamps are purchased!

\*10% DISCOUNT  
FOR NEW CLIENTS!



**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

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

LOR

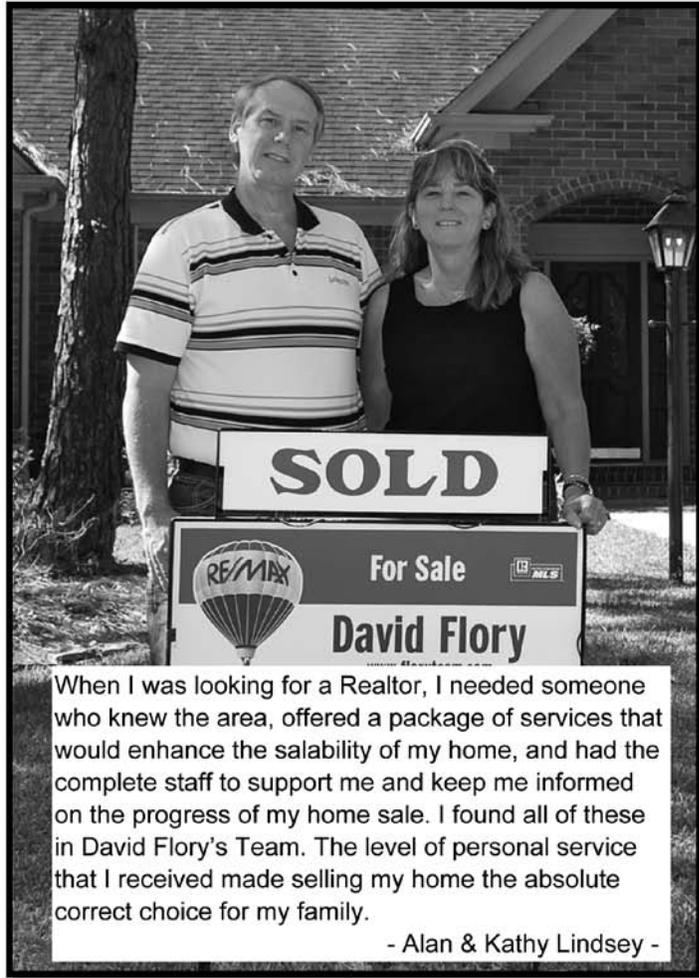


**RE/MAX**

Professional Group  
832-478-1205

*Lakes of Rosehill*

**T  
H  
A  
N  
K  
Y  
O  
U**



When I was looking for a Realtor, I needed someone who knew the area, offered a package of services that would enhance the salability of my home, and had the complete staff to support me and keep me informed on the progress of my home sale. I found all of these in David Flory's Team. The level of personal service that I received made selling my home the absolute correct choice for my family.

- Alan & Kathy Lindsey -

Each Office Independently Owned and Operated



**David Flory**

**Direct line:**

**281-477-0345**

**WWW.SUPERDAVE.COM**

● **#2 Realtor in Houston & Texas\*\***

● **#7 Realtor in United States\*\***

● **Selling Over 500 Homes A Year**

\*\*Realtor Teams per Remax 9/2008, 3/2009