

October 2006

CYPRESS MILL MESSENGER

Volume 6, Issue 10

Official Newsletter

New Management

Dear Homeowner:

We are pleased to announce that the Board of Directors has selected Principal Management Group, a professional community association management company, to assist your Homeowners association effective October 1, 2006. Principal Management Group responded to the Board's request for proposal in a thorough and direct manner, and participated in a comprehensive selection process that included a detailed management proposal and competitive bid.

At this time, the Board has contracted with Principal Management Group for monthly deed restriction enforcement. PMG will be responsible in driving the community monthly and providing a detailed report to the Board of Directors. PMG will work closely with the Board in enforcing the community's deed restrictions.

The following are a few items to remember that will help us better serve you.

§ Should you have any questions, please do not hesitate to call our Customer Care Department at 713-329-7171. You may reach the Association Manager, Amanda Jensen directly should you need further assistance at (281) 367-8137 or the Assistant manager, Dani Montemayor. This fine team is at our Woodlands office located at 24900 Pitkin, Suite 190, The Woodlands, TX. 77386, looks forward to servicing your needs.

§ Effective immediately, any correspondence addressed to the Board of Directors relating to deed restriction enforcement should be addressed to the Cypress Mill Board of Directors and forwarded to PMG address below.

§ Principal Management Group's office hours are 8:30 a.m. to 5:00 p.m., Monday through Friday; and we are available twenty-four hours a day for EMERGENCY calls at (713) 329-7100.

§ PMG has also been contracted to provide a website for your community. At this time, we are working with your Board to create that site. We anticipate the site being ready for use within the next 30 days. You will be able to obtain your community deed restrictions,

architectural control application forms, community information and helpful links. You will access that website by first going to www.pmg-houston.com and clicking on community websites. You will need to follow the directions for new registered users. You will need to either email or call PMG to obtain your account number prior to registering.

With your help and by working with your Board of Directors, we will assist in maintaining property values to the fullest extent. The professional management team at Principal Management Group looks forward to serving you.

Sincerely, Amanda Jensen, CMCA, AMS
Association Manager, PMG Woodlands

Next Open Board meeting is October 25 at the Cypress Mill Park II Rec Center.

It will start at 7pm. We will be discussing the budget for 2007 and future improvements for our community.



The Newsletter is in need of an
editor if you are interested please
email User972216@aol.com or give
Amy a call at 281 256 6449.

**View the Cypress Mill Messenger
each month online at
www.PEELinc.com**

CYPRESS MILL

Resident Board Members

President

Amy Merrilluser972216@aol.com, 281-256-6449

Vice President

Stephen Howard..... usacc23@msn.com, 281-373-0030

Secretary

Shirley WhitleyRowswaldan@aol.com, 281-373-5644

Treasurer

Robert Lilenthal paulalili@sbcglobal.net, 281-256-6822

Director

Larry Ramirz..... 281-304-4037

Cypress Mill Contacts

Block Captain Committee

Hortenzia Vegatenchis18@sbcglobal.net, 281-304-9422

Cypress Mill Ladies Association

Laura Graff..... 281-373-9192

Newsletter Committee

..... CypressMillMessenger@yahoo.com

Swim Team Committee

..... www.cmmakosharks.org

Administrative Assistant

Angie 281-213-3174

Emergency Numbers

Constable Ron Hickman (24 Hour Emergency) ...281-376-3472

Other Important Numbers

ACC Changes/Questions - Principle Mgt. - Amanda Jensen

Cy-Fair High School281-897-4600

Cypress Lakes Golf Club281-304-8515

Cypress Mill M.U.D. #1/Aquasource Emergency 713-983-3602

24 Hour Emergency713-983-3604

DPS Sex Offenders website <http://records.txdps.state.tx.us/>

Entex Gas713-659-2111

Entex Gas-Emergency Gas Leaks..... 713-659-3552

Cy Woods Middle School281-213-1727

Houston Lighting and Power713-207-7777 or 800-332-7143

Irrigation Leaks/Common Area Repairs - Principle Management

Newsletter Publisher

Peel, Inc.....advertising@PEELinc.com, 888-687-6444

Poison Control Center.....800-764-7661

Reliant Energy "On Call" System.....800-669-8344

Robison Elementary281-213-1700

Southwestern Bell800-246-8464

Spillane Middle School281-213-1645

Street Light Outages713-207-2222

Texas Environmental Waste281-368-8397

Time Warner Cable713-462-9000

Principle Management – Amanda Jensen 281-367-8137

Cypress Mill HOA, Inc. Who To Call List

Aqua Services – Cypress Hill MUD#1 713-983-3602

Detention Pond: mowing, standing water, repair, & maintenance

Park 5 Playground; repairs, irrigation leaks

Walking Paths: repairs, irrigation leaks

Individual water meters, leaks, repairs and maintenance

MUD Facilities Lift stations & Treatment Plants: mowing, repairs, maintenance, leaks, and smells.

Principle Management – Cypress Mill HOA, Inc.

Reserves/Parks/Common Areas: mowing, repairs, irrigation leaks

Deed Restrictions

Architectural Control Applications/Approvals

Recycling Program

Cypress Mill Administrative Assistant – Angie 281-213-3174

Administrative hours at the Rec Center:

..... Tuesdays, Fridays, and Saturdays, 10am to 2pm

Recreation Center Concerns

Activity Room Rentals

Yard of the Month

Fitness Center

Community Directory

Stork Report

Pipeline Company – Exxon Mobile 281-591-3700

Mowing of Pipeline easement; Standing water; Smells or leaks

Street Lights – Center Point Energy 713-207-2222

Damaged or Burned Out Street Lights

****They will need 6-digit pole number when calling****

Constable Ron Hickman (24 Hour Emergency) 281-376-3472

Harris County Road and Bridge 281-463-6300

To request street signs and to report street damage, curb damage, street flooding, or missing/damaged street signs.



PUMPKIN PATCH

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10:00 a.m. - 7:00 p.m.

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Cypress, Texas 77433

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CYPRESS MILL

Principal Management Group Application for Modification

Owner's Name: _____
Owner's Mailing Address: _____
Daytime Phone Number: _____ Alternate: _____
Legal Description of Property Sect: _____ Blk: _____ Lot: _____
Property Address: _____
If applicable:
Contractor's Information - Contractor's Name: _____
Contractor's Address: _____
Contractor's Phone Number: _____ Fax: _____
May we contact your contractor with questions in regards to your submission? YES NO (circle one)

If you live in a gated community, you will be required to provide a \$1,000.00 damage deposit for a pool. A final inspection is required for the deposit to be refunded. Deposits should be made payable to the Association.

PLEASE NOTE: BLUEPRINTS, SAMPLES ETC., SUBMITTED TO THE ACC WILL NOT BE RETURNED.

Type of Improvement: _____

You must submit the following:

- _____ Elevation Drawing (Front and side)
- _____ Brochure (If available)
- _____ Lot Survey, with improvements drawn to scale
- _____ Samples of all exterior materials
- _____ Any additional information pertinent to this improvement

Briefly describe any special construction which may assist us in the review of your application:

Start Date: _____ Estimated Completion Date: _____

By submitting this application and by signing below, I understand that the committee will not process the application without all of the information and samples. I understand that the committee has up to thirty days to review this application. I understand that if I make any alterations to the plans submitted, I will have to re-submit those changes for prior approval.

Owner's Signature Date _____

Association: _____

THE OWNER IS RESPONSIBLE FOR SCHEDULING THE FINAL INSPECTION.

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Date Application Received: _____

Date Application Processed: _____

Date "Need More Information" Letter was mailed: _____

Additional Information/Samples Requested: _____

Date Application APPROVED or DENIED: _____

Please submit this application with all required samples to:

Principal Management Group
24900 Pitkin, Ste 190
The Woodlands, TX 77386

Please contact our office at 281/367-8137 or via email at m.price@pmghouston.com, with any questions and to schedule your final inspection.

Office Use Only

Page 2 of 2 Rev.1/29/2004

Business Classifieds

MAID SERVICE HIRING LADIES TO CLEAN HOMES PART-TIME M-F. Cypress area. Must speak/read english, have own transportation, and must be dependable. No experience, will train. Call 281-650-4220.

COMPUTER PROBLEMS: Having email trouble or connecting to the Internet? Need help getting your computer to cooperate? Trying to setup a wireless network? Software installations, or other problems? Call David @ 713.504.0393 M-F 5-8pm Sat-Sun 10am-8pm House Calls!

GARAGE DOORS & OPENERS: 30 years N.W. Houston Resident, Semi-Retired. Repair or Replace any Garage Door or Opener. New Doors & Openers Installed. 30 years in Garage Door business. Call 713-725-8787.

LEARN TO BUY AND SELL ON EBAY: Class covers the basics of buying and selling - everything you need to start your own business or just buy and sell. Ebay trained and approved instructor. Call Patti 281-256-0215 or visit www.eduadv.com.

Fitness Center Usage

No one under the age of 17 can use the facility without their parents being present.



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Resale Shop

benefiting
Cypress Assistance Ministries

281-955-7685

Monday-Wednesday 10-6
Thursday-Saturday 10-3

- Clothing
- Furniture
- Toys
- New Jewelry
- Housewares



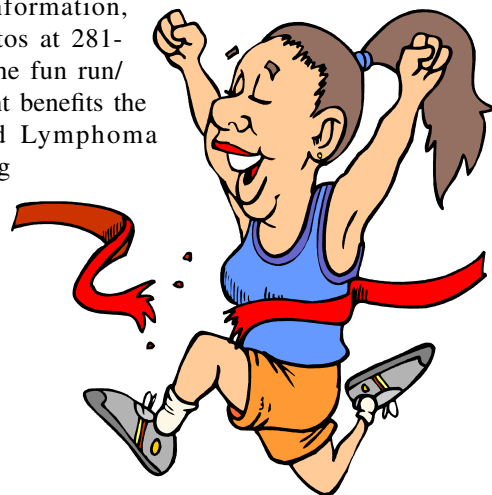
11202 Huffmeister

Donations Welcome
Tax Receipts Given

The Date is Set!

Saturday morning, October 28, 2006 is the date for the 5th Fairfield 5K for Life Fun Run/Walk benefiting the Leukemia & Lymphoma Society.

Plan on joining us at the Fairfield Athletic Club early Saturday morning for a jaunt through Fairfield's beautiful hike and bike trails. There will be medals and prizes raffled off. Look for details and entry forms in next month's newsletter. For sponsorship information, call Jane Lakatos at 281-373-9767 for the fun run/walk. This event benefits the Leukemia and Lymphoma Society helping to cure all blood-related cancers.



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Worship Services

8:15 a.m. – Traditional, the Sanctuary

9:30 a.m. – Contemporary, the Ministry Activity Center

11:00 a.m. – Traditional, in the Sanctuary

11:00 a.m. – **Common Ground**, Ministry Activity Center
a worship service offering a Traditional
worship format with traditional hymns
and light contemporary praise music.

Sunday School for...

Adults at all Worship times

Youth at 11:00 a.m.

Children at 9:30 & 11:00

- ❖ Youth Fellowship, 5:30 p.m. on Sunday
- ❖ Men's – Women's – Senior's – Singles – Youth – Children –
Prayer Ministries and Small groups
- ❖ Music, fine arts
- ❖ Missions & outreach

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www.cypress-umc.org



CYPRESS MILL

Block Captains

Street	Block Capt	Phone #			
Arbormont Dr.	Shelia Wiggs	281-304-0245	Palos Park Dr.	Phyllis Jarnegan	281-304-9632
Arbor Trace Ct.				Virginia Balducci	281-256-3010
Aster Estates Ln.	Kari Joyner	832-797-0380	Palos Place Pl.	Phyllis Jarnegan (temp. vol.)	281-304-9632
Auburn Woods Dr.				Virginia Balducci (temp. vol.)	281-256-3010
Autumn Glen Ct.	Courtney Hicks	281-213-3182	Park Arbor Ct.	Lauren Gaspard	281-373-9966
	Cynthia Buchanan		Pebble Meadow Ct.	Michelle Robison	281-265-6453
Begonia Estates Ct.	Diana Pretus	281 330-8251		Gina Williams	281-373-4427
Bladenboro (Park I)	Monica Blanchard (temp. vol.)		Plains River Dr.	Geneva Fritch	281-304-1255
Calcaterra Ct.				Marianne MacLeod	281-304-9366
Camellia Estates Ln.	Jennifer M. Klawinski	281-381-2987	Pinson Dr.	Debbie Brown	281-256-1875
Carriage Crossing Ln.			Rochelle Ct.	Jen Malota	281-213-3778
Cascade Bend Lane	Fernando Aguirre	281-373-0186	Rosehill Estates Ln.	Ronnie J. Kallus	281-304-1246
Chapel Cove Ct.				Jamal Naffa	281-798-9448
Cinderwood Dr	Amy Arthur	281-304-1999	Rose Hill Park Ln.	Bill & Elizabeth Brown	281-373-3118
	Susan White			Steffanie Budge	281-304-9987
Cobblestone Dr.	Monica Blanchard	281-304-9389	Rosemont Estates Ln.	Annabelle Martinez	281-213-9079
Country Rose			Spring Walk Ln.	Judy Jackson	281-373-5160
Courtly Estates Ln.	Theresa & Richard Brutka	281-256-7810	Sweetstone Estates Ct	Sharon Strausburg	281-304-1382
	Michele Hilsher	713-412-7793	Thicket Hollow	Michelle O'Keane	281-304-8188
				Sheri Pivonka	281-658-2161
Creekmill Ct.				Holly Engle	281-304-9852
Cross Stone Ct.			Thornbluff Ct.		
Cypress Cottage Ct.	Tina Strautman	281-213-9732	Timber Cliff Ct.	Holly Engle (temp. vol.)	
Cypress Meade Ct.			Timber Cliff Ln.	Holly Engle (temp. vol.)	
Cypress Meade Ln.			Trellis Estates Ct.		
Cypressmill Ct.			Valley Stone Ct.	Rhonda & David Bubenik	
Cypress Orchard	Debbie Deleon	832-289-6580	Water Mill Dr.		
Cypress Ridge Grove	Sheri Lyn Klein	281-373-3674	Wild Ivy Ct.	Sheri Lyn Klein (temp. vol.)	
Cypress Stone Ln.	Sharon Covington	281-851-3484	Windwood Park Ln.	Gail Norris	281-373-4542
Cypress Valley Ln.			Wisteria Estates Lane	Matt Buss	281-304-9321
Delta Estates Ct.	Michelle Peting	281-304-8894	Woodcypress Ln.		
Emerald Cypress Ct.			Wooded Glen Ct.	Hortensia A. Vega	281-304-9422
Emerald Cypress Ln.	Jennifer Patterson	281-256-8221			
	Cel A. Guerra				
Emerald Moss	Sue Zahn Lucas	832-687-5778			
Enola Dr.	Tina Bunn	281-304-1113			
Floret Estates Ct.					
Floret Estates Ln.					
Grandbluff Ct.	Shari Bumpas	281-304-1511			
Green Cypress Ct.	Ed Noble	281-304-9810			
Grove Estates Ln.	Cassy Hearn	281-253-4941			
Harmony Estates	Andrea Anderson	281-256-8515			
Harnett Dr.					
Harvest Chase Ct.	Yoland Salinas				
Hazy Ridge Lane	Amy Merrill	281-256-6449			
Heathcrest Ct.					
Hollow Branch Ct.	Jacqui Williams	281-304-8006			
Huntmont (Park I)					
Huntmont Street (Place)	Lynda Wells	281-304-1184			
Laurus Estates Ln.	Kellie Berger	281-304-1910			
	Vicki Seal	281-304-7103			
Mallard Estates Ct	Jo Ann Novak	281-304-1614			
Maple Mill & Bladenboro	Dawn Shirley (temp. vol.)	281-373-4892			
Maple Mill Dr	Toby Simmons	281-373-9498			
Maranta Estates	Sharon Mason	281-256-2970			
Meadow Estates Ln.	Amanda McCumber	713-906-7338			
Mesquite Estates Ln.	Vernon & Cheryl Henry	281-256-8964			
Mills Park Lane	Carolyn Hoffman	281-256-3480			
	Shirley Whitley				
Millstone Estates Ln					
Mosshill Estates Ln	Candy Pinkard	281-304-5037			
	Danielle Hines	281-213-3868			
Moss Valley (Place)					

Interested in getting involved with your community? New to the neighborhood and want to get to know people?

We have streets that need block captains. It's a great opportunity for you to meet your neighbors, hand out directories, and organize events for your street. Please contact Hortensia A. Vega if you would like to volunteer or if you have any questions about the responsibilities of a block captain, at 281-304-9422 or tenchis18@sbcglobal.net.

FREE PUMPKINS

FOR KIDS W/ PAID ADMISSION, OCTOBER

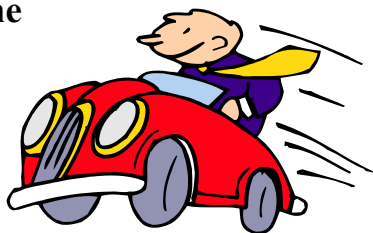
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CYPRESS MILL

Remember the
Speed Limit
throughout
Cypress Mill
is 30 MPH!



Cypress Mill Ladies Association

The Next CMLA meeting October 15 will be at Deb Fishers house it is the annual white elephant so be prepared to laugh.

All ladies of the community are welcome, please come and join in the fun. We meet the third Sunday of every month from 2 till 4pm. If you have any questions or need directions please call Laura Graff 281-373-9192

Jerri Braswell will be holding the ornament exchange meeting at her house on December 3.

Don't Forget to set your clocks back
one hour October 29th at 2am!

Standard Time



Rec Center Hours are as follows:

Monday: 8 – 12

Tue., Wed., Fri. 1-6

Saturday: 11 – 5

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Dr. Kenneth Ro



Dr. Christopher Ogunro

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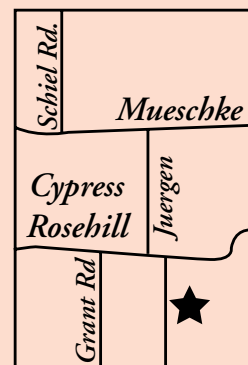


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According to PowertoChoose.com, Spark Energy provides **low cost energy solutions** to meet your needs.

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Howdy Aggie Moms!



Tuesday, October 10th, 2006 at 7:00 PM will be the next general meeting of the Northwest Harris County Texas A&M University Mothers' Club – known to many as AGGIE MOMS at: The Houston Distributing Company, Inc. 7100 High Life Drive, Houston, TX 77066 just off Cutten Road and West of Beltway 8 and between 1960 & Hwy 249. Our speaker for the evening will be Dr. Dean L. Bresciani. Dr. Bresciani is the Vice-President of Student Affairs and responsible for the overall experiences of students at TAMU. In addition, he directly oversees most of the out of class student life programs. We invite all Moms who have Sons or Daughters that are AGGIES or who had graduating AGGIES to come join the AGGIE SPIRIT with AGGIE LOVE. See you there. WHOOP!

For more information about us please visit our web site www.nwhcaggiemoms.com or e-mail Robin Galvin - President, at rcq@qbpllc.com or Mishael Brown – Vice President of Membership at JLMBrown@aol.com or call her at (281) 376-0995.

Just a reminder



Please be considerate and pick up after your dog when you are out for a walk including the walking trails by the retention ponds.

It is illegal to sweep grass clippings and trash into the drains. Please report violators at 713-525-2525.

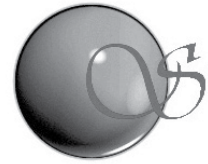


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Now Accepting Holiday Reservations
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281-758-0913

AESTHETIC AND FAMILY DENTISTRY DR. A. SUNDRANI



Dental Tip of the Month.

New Buzz Word in Dentistry XYLITOL!!!!

Dear Friends,

It's back to school. Hope everyone had a safe summer and created good memories with their families.

One of the readers had suggested in an email to me to talk about Xylitol. Trident has come out with the gum with xylitol. You can also get xylitol in mints, crystal, and sprays. Not only xylitol has an effect in reducing caries but also helps with upper respiratory health.

Here is a brief summary of a 2002 study done ASDC J Dent Child. 2002 Jan-Apr;69(1):81-6, 13. Sixty-one children were randomly assigned into the xylitol group and the control group. The xylitol group chewed gum sweetened only with xylitol three times a day for three weeks. S. mutans counts were tested using the Dentocult-SM Strip Mutans-test at baseline and after three weeks. The shift from higher S. mutans scores to lower was greater in the xylitol group than in the control group. This study supports the suggestion that chewing xylitol gum may reduce salivary S. mutans levels. Xylitol chewing gum may provide a feasible caries prevention method.

In the mean time, if you have any dental related questions, please email me at sundranids@yahoo.com, and I will happily respond to your inquiries.

Your dentist,
Dr. Sundrani

sundranids@yahoo.com

(281) 225-9906

Hwy 290 @ Barker Cypress Rd.

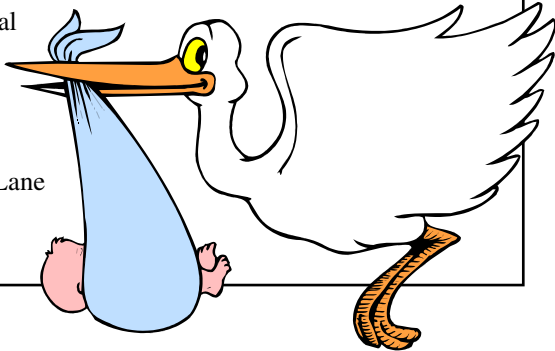
www.sundentalsmiles.com

CYPRESS MILL

Stork Report

Annabelle Grace Fox, Born: August 10, 2006
11:33 am, 5 lb. 6 oz, 19 in.

Hospital: Cypress
Fairbanks Medical
Center
Parents: Eric
& Tonya Fox
Address: 17715
Thicket Hollow Lane



Reminder: Solicitation is against our deed restrictions.

Please do not purchase from solicitors and ask them to leave our neighborhood. Although it is difficult to enforce this violation, we can work together to keep this activity at a minimum. Please contact Constable Ron Hickmans office at 281-376-3472 if any harassment issues or suspicious behavior arises.

Cypress Assistance Ministries Food Pantry Needs

We are preparing for Thanksgiving and will need the following foods for the families we help during the holiday season:

- Turkeys
- Canned Sweet Potatoes/Yams
- Dressing mixes
- Canned pumpkin
- Evaporated milk

Meat, dairy products, and fresh fruits and vegetables are luxury items and always a welcome donation.

Donations to Cypress Assistance Ministries can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3 PM.

REMINDER

Replacement access cards for the recreation center are \$5, additional cards are \$10.
CHECKS ONLY.

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SALONS at STONE GATE



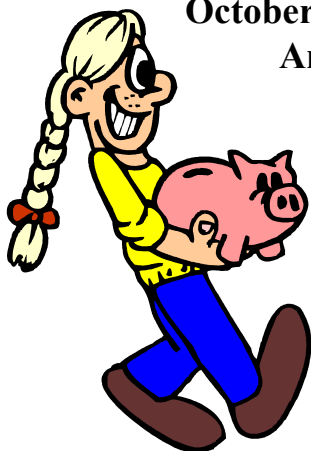
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Neighborhood Garage sale is Saturday
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Activities for our Over 50 years old (Keenagers Group)

Oct 13Th Friday - Activity center 6PM potluck dinner, games and book exchange. Mark your calender and call with what you are planning to bring.

Oct 28Th Sat Bus trip we have changed our destination from Downtown Spring to two other possibilities . Lake Conroe Lunch cruise on a paddle boat and than a stop at the Conroe Outlet Mall. The second is another boat ride on the Yellow Stone on the San Bernerd River. More information will follow in an e-mail if you are on our Keenager list. Please call or E-mail me if your interested.

Nov 18Th Sat - Civil war weekend at historic Liendo Plantation - \$5for seniors & \$5 for the home tour. Lunch at local restaurant. More information to follow.

Dec 2ND Sat evening - Our Second Annual Christmas Progressive dinner.

1ST stop 5:30 Paula & Rob Lilienthal

2ND stop Theresa & Richard Brutka

3RD Pat & Dwayne Kruger This will be a wonderful evening. Our main course will be catered by an Italian restaurant. Mark you calenders and please call or e-mail your RSVP, it's not too early.

Dec 20Th Bus trip to downtown Houston to theHerman Park Festival of Lights, a place for dinner still to be determined. If you have suggestions please let me know.

We have two new craft groups starting up in Cypress Mills in the new year: In the evening contact Deana Loughlin at 281-213-3363 or denaloughlin@sbcglobal.net for more information. The second one is a craft group that has started on Mondays 9:30 AM at the activity center. Call Shirley Whitley for more information at 281-373-5644 or rowsawaldan@aol.com.

Please RSVP to me at carolwatec@sbcglobal.net for all other activities.



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Project Prom Christmas Wreath/Greenery Sale

Project Prom 2007 is kicking off their fundraising with the popular sale of Christmas Wreaths. This year the greens are coming from a new company out of Seattle. We will be offering 2 different 22" wreaths in Noble Fir and Mixed Evergreens for \$19.95, a door Swag for \$14.95, a table centerpiece for \$14.95, a 28" Noble Fir Wreath for \$24.95 and a package of fresh pine cones for \$7.95. You also have the opportunity to order these and some additional items to be sent directly as gifts (for a different pricing structure). The proceeds from this sale benefit the Cy Fair Senior Class of 2007 Project Prom. Project Prom is a safe after party prom that all the seniors are invited to attend with food, games, loads of door prizes and more. Please contact any senior parent to order the wreaths or call Karen Desrochers (281) 225-9844 or Candy Sandlin (281) 225-6632 to place an order or to see a brochure. The deadline to order is Nov. 1 and delivery will be the week after Thanksgiving. Thank you in advance for your support.

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

					5			
6		5	1	7				
	1						3	9
8			4					
			3	2		1		5
	2	6						
2			6	4				
3					1		2	8
		7		3		4		

*Solution on page 25

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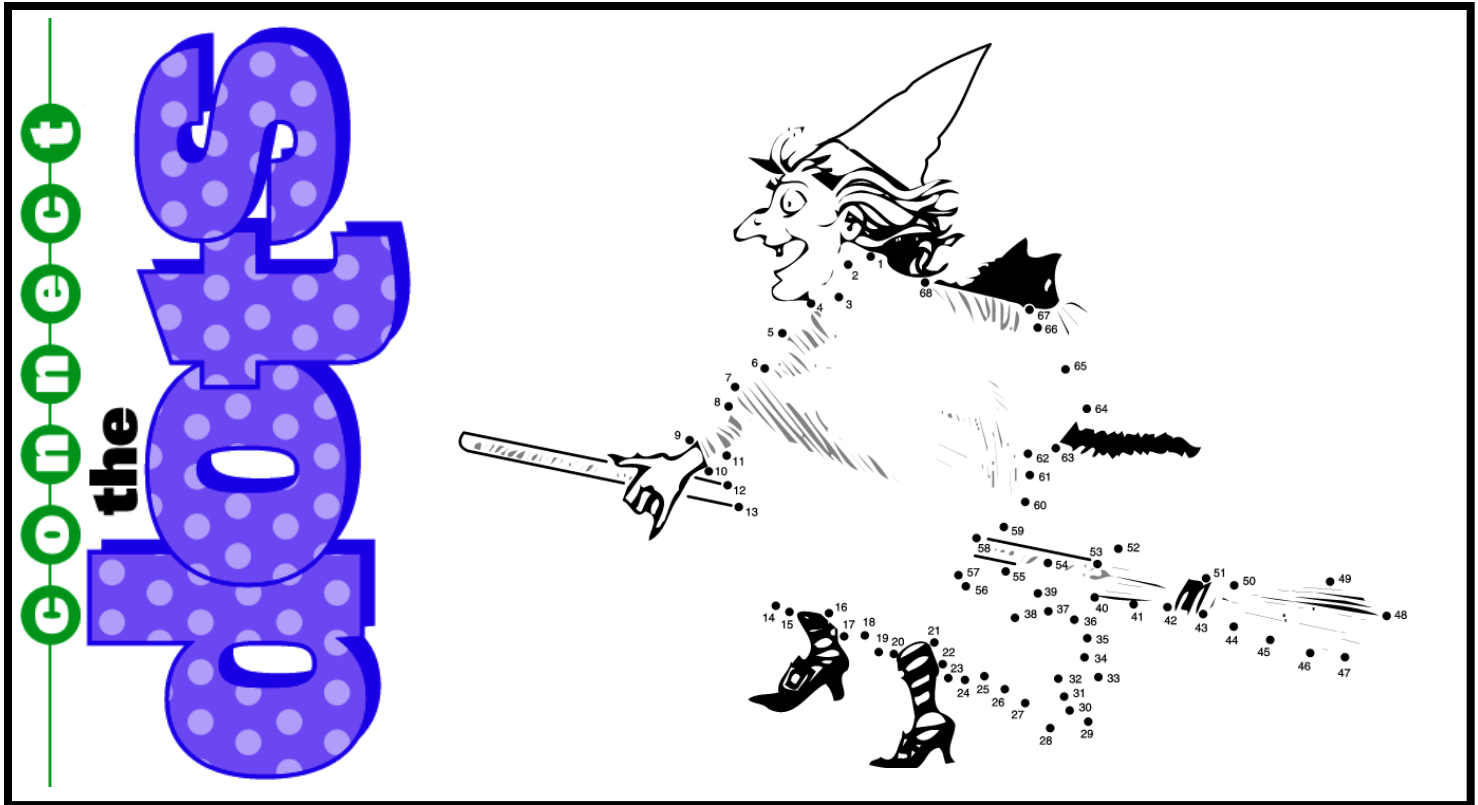
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Filter Service
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STATION
CAR WASH & LUBE
Not for use with other offers. Must present coupon when ordering service. Original coupon only. Expires 1/31/07.



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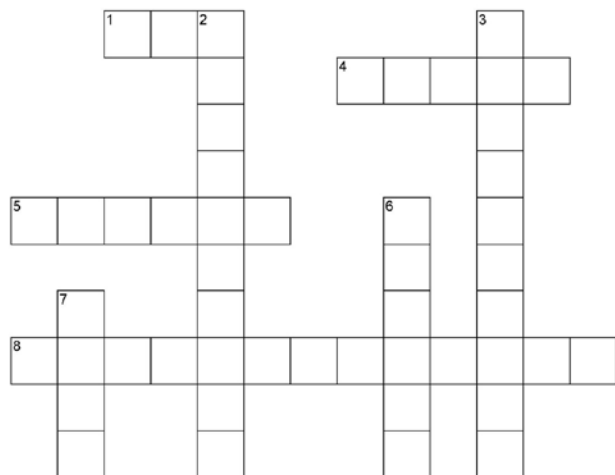
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Kidz Crossword Puzzle

Instructions: Match the correct answer with each clue to complete the puzzle.

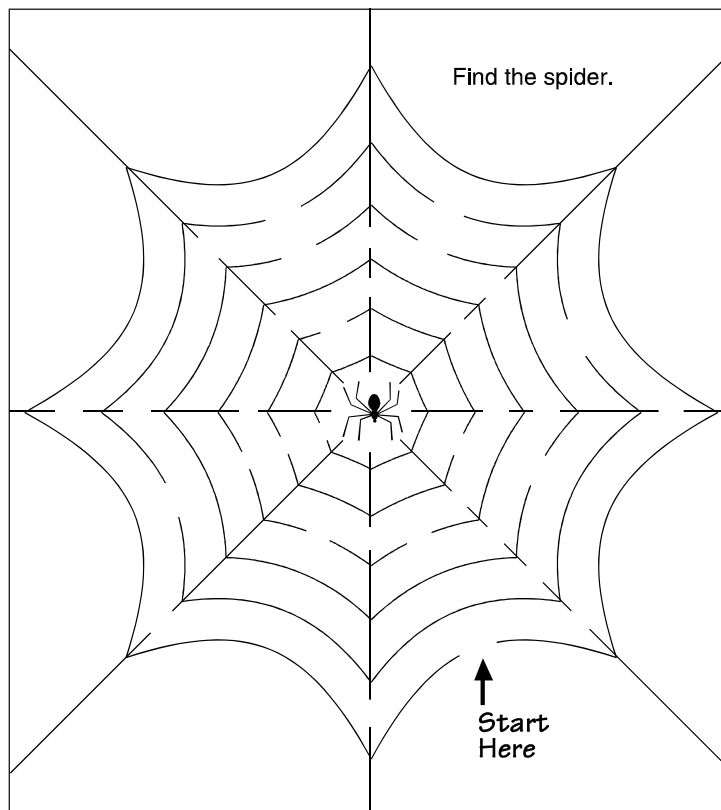


DOWN

Answer

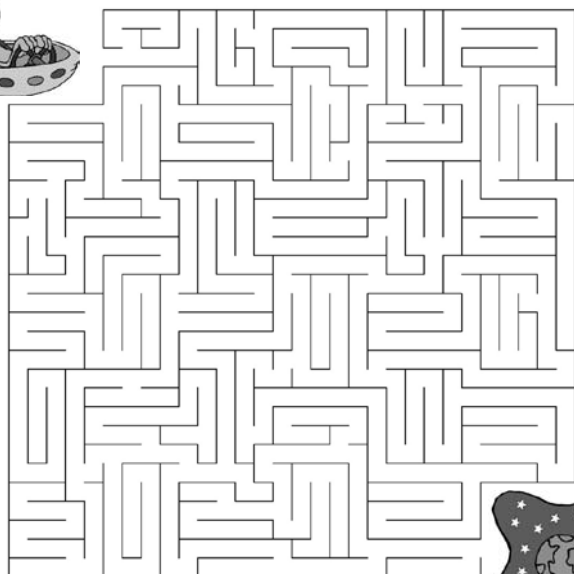
1. Opposite of high	Green	2. First US President	Foot
4. Yellow & blue make...	Berlin	3. See yourself in mirror	Square
5. Capital of Germany	Constellation	6. Has 4 equal sides	Reflection
8. Group of stars	Low	7. Twelve inches equal...	Washington

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Kidz Maze Mania

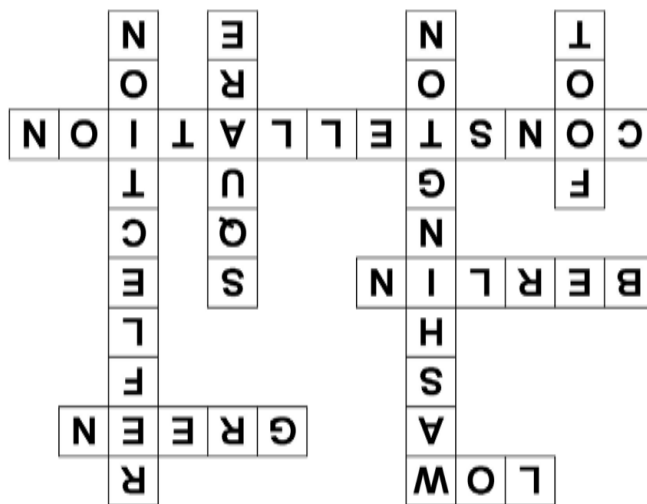
Help the friendly alien from outer space
find his way to Earth.



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Kidz Crossword Solution

Best Bets in Beverages for Kids

Baylor College of Medicine

HOUSTON – (Sept. 18, 2006) – When your kids need something to drink, reconsider reaching for that juice box.

"Many parents are confused about what is and what is not a fruit juice," said Marilyn Swanson, registered dietitian at the Children's Nutrition Research Center at Baylor College of Medicine and Texas Children's Hospital. "If the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas."

A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

"Given a choice between an orange and orange juice, go with the orange, given a choice between grapes and grape juice, go with the grapes," said Swanson, also national program leader for maternal and child health for the United States Department of Agriculture. "There are other healthy components in fruit itself, for example, fiber."

Healthy beverage choices are important throughout the day, said Swanson, to keep hydrated and can provide good nutrition. She suggests following a beverage pyramid, much like the well-known food pyramid.

"Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said, "limit sodas since they are full of sugar and have no nutritional value."

Swanson offers parents two main strategies to get kids to make

healthy beverage choices—make healthy options available and be a good role model.

"A child might choose soda or fruit drinks over milk or water if it's in front of them," she said. "And if parents are drinking sodas all the time, the kids will follow that lead."

Making healthy beverage choices does not have to be all work and no play. Swanson suggests making a homemade smoothie with your kids as an afternoon snack. Blend 100 percent fruit juice, yogurt, pieces of your favorite fruit and ice for an easy-to-make treat.

"Transition can be slow for parents and children," said Swanson. "I am not going to say never have a soda, just make it a special occasion beverage."



Street Light Out?

If you have a street light out, 24 hours a day you can report the issue to HL&P at 713-207-2222, selection 4 or <http://www.reliantenergy.com/outage.asp>. You will need to provide the 6 digit pole number located about five feet up the pole and if possible, the street.

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CYPRESS MILL MARKET REPORT

Courtesy of "DAVID FLORY"

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Mar 06	Apr 06	May 06	Jun 06	July 06	Aug 06
\$200,000 Above	0	0	0	0	0	0
\$180,000-199,999	0	0	0	2	0	3
\$150,000-179,999	2	2	2	1	3	4
\$120,000-149,999	8	7	6	6	1	6
\$100,000-119,999	2	0	0	0	0	0
\$100,000 Below	0	0	0	0	0	0
TOTAL	12	9	8	9	4	13
Highest \$/Sq Ft	76.66	77.60	73.06	75.28	71.22	74.67

This chart represents the homes that have sold and closed in the past 6 months according the Houston Multiple Listing Service.

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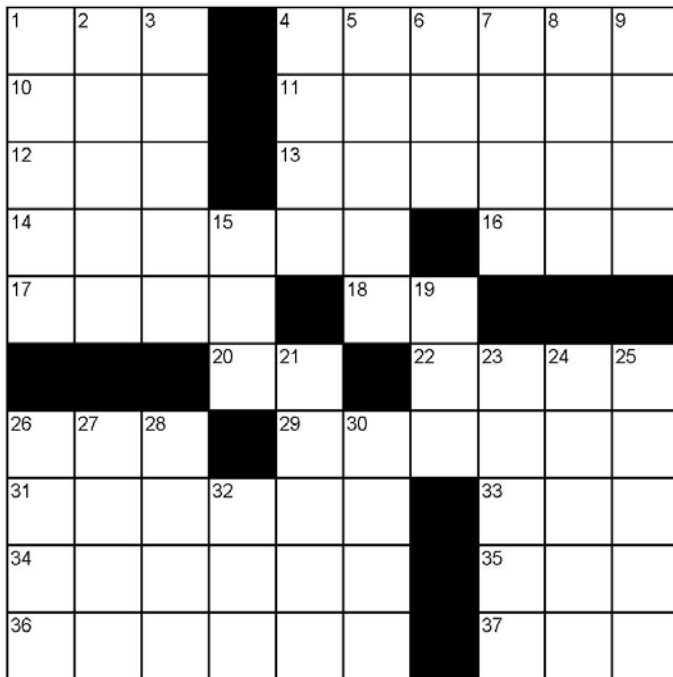
HIGHEST PRICE PER SQ.FT. resale homes sold in
Cypress Mill: \$80.72

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*Ranked by the Houston Business Journal 3/2006

Crossword Puzzle



*Solution on page 25

ACROSS

1. What's owed
4. Beats it!
10. Hotel
11. Flower child
12. Certified public accountant
13. White fur
14. Breath mint
16. Rescue
17. Opposed
18. Scottish "one"
20. Acidity
22. Corn syrup brand
26. Insane
29. Angry
31. Relating to horses
33. Kimono sash
34. National capital
35. Reverend (abbr.)
36. Bath powder
37. East northeast

DOWN

1. Formal statement
2. Remove pins from
3. Playact
4. Popular stadium
5. Approximate date
6. Revolutions per minute
7. Capital of Western Samoa
8. Short
9. Origination
15. Lean
19. Stretch to make do
21. Large eastern religion
23. Before
24. Hot sandwich
25. ___ Oyl (Popeye's girlfriend)
26. Soften cheese
27. Greenish blue
28. Twofold
30. Stack of paper
32. Business abbr.

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MOMS Club of Cypress-North

Are you an at-home mom (either full- or part-time) looking for some fun activities for your kids, interesting activities for yourself, or just some good adult conversation? If you live in the 77429 zip code, why not try out MOMS Club of Cypress-North!

MOMS (Moms Offering Moms Support) Club is a national, non-profit organization that gives at-home mothers the opportunity to share activities and discussions with other mothers and their children. Upcoming activities include outings, playgroups and MOM'S Night Out, as well as scrapbooking, craft days, a cooking group and monthly mixers where moms get to chat while the kids play. And best of all, the activities and meetings are held during the day, when at-home mothers need support and interaction with others. We also perform service projects throughout the year to help needy children and organizations in the community.

Most of the club activities are held in Cypress. You can choose the activities that interest you and that are convenient to your schedule. Meetings are held on the 2nd Tuesday of each month at 10:00 a.m.

If you are interested, please come to one of our next meetings on October 10th at 10 a.m. Please call Gina Garnett, Membership VP, at 281-256-3995 (gkgarnett@sbcglobal.net) or Susan Norris, President, at 281-225-6450 (mjnl@evl.net) for location, directions, or any questions. We are happily welcoming new moms at each meeting. Hope to see you there!

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CYPRESS MILL

Did You Know?



A rhinoceros beetle can support up to 850 times its own weight on its back.

George Washington was the only president to receive all electoral college votes twice, in the 1788 and 1792 elections.



Teenage Job Seekers

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Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Cypress Mill teenagers seeking work. Submit your name and information to Cypressmillmessenger@yahoo.com by the 9th of the month!

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Fit Facts[™] FROM THE AMERICAN COUNCIL ON EXERCISE[®]

Kick Your Way to Fitness

Are you bored with your current fitness routine?

It may be time to kick your way to one of the hottest workouts around. Kickboxing, also referred to as boxing aerobics and cardio kickboxing, is a hybrid of boxing, martial arts and aerobics that offers an intense cross-training and total-body workout.

It blends a mixture of high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. While kickboxing's roots are in full-contact fighting, it has found a safe and very effective niche in the fitness community.

While some estimates of kickboxing's calorie-burning potential have reached as high as 500 to 800 calories per hour, ACE-sponsored research suggests that only very large individuals working out at exceptionally high intensities are like to burn that that many.

Instead, a 135-pound person is likely to burn 350 to 450 calories during a typical 50-minute class that consists of a warm-up, aerobic period and cool-down. There are, however, other important factors to consider before taking the first kick.

What is your current fitness level?

Keep in mind that many clubs may not offer classes that are based on

progression. Even if your current routine features a hearty combination of cross-training workouts, you may want to take it easy at first, then build as your body adapts.

For this reason, an hour-long session may not be the wisest choice for someone who isn't used to this level of concentrated activity.

Familiarize yourself with the basics

Remember, adequate warm-up and close attention to proper technique are paramount. Classes should begin with basic stretches and a light cardiovascular warm-up such as pushups and jumping jacks.

A typical aerobic kickboxing routine involves a series of repetitive punches alternating with hand strikes, kicks and then a combination of all three. The repetitions help participants focus on proper technique while engaging several muscles groups and getting a fierce cardiovascular workout.

After the main section of the routine, stretches and floor exercises are commonly performed as a cool-down.

Don't forget to wear loose clothing that allows freedom of movement during your kickboxing workout and drink plenty of water.

(Continued on page 24)

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CYPRESS MILL

Fit Facts - Continued from page 23

Beginner beware

When attending your first class, try to avoid these common mistakes:

- Wearing weights or holding dumbbells when throwing punches, which puts your joints in danger of injury
- Locking your joints when throwing kicks or punches
- Over-extending kicks (Beginners should avoid high kicks until they get used to the routine and become more flexible.)
- Giving in to group peer pressure and exercising beyond fatigue
- And of course, you should ask your instructor about their training

Cardio kickboxing is a combination of martial arts and aerobics, and employs different techniques from a "pure" martial arts class.

Many teachers may have boxing or martial arts training, but may not have the appropriate class experience or be properly certified by an organization such as ACE. Finally, once you understand the basics of this stress-relieving, total-body workout, you can kick your way to a new level of fitness.

Basic moves and equipment

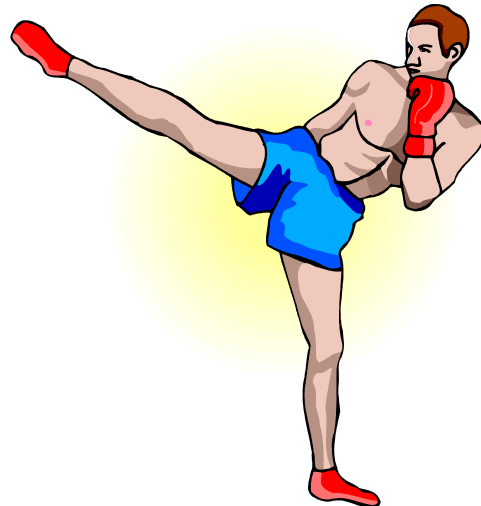
It may seem awkward at first, but the basic moves in a kickboxing class can be mastered with time, patience and practice.

A prepared class will have mirrors, a punching or "heavy" bag and hit pads for participants to use. Here are two basic lower-body kickboxing moves that work the hamstrings, gluteals and quadriceps:

- The roundhouse kick - Starting from a basic stance (side of body facing bag, knees slightly bent, shoulder-length apart), lift your right knee and point it just to the right of your target. Pivot on your

left foot as you extend your right leg. Kick the target with the top of your foot.

- The side kick - From the basic stance, pull your right knee up toward your left shoulder. Pivot on your left foot as you snap your right leg into your target. Strike with either the outside edge of your foot or your heel.



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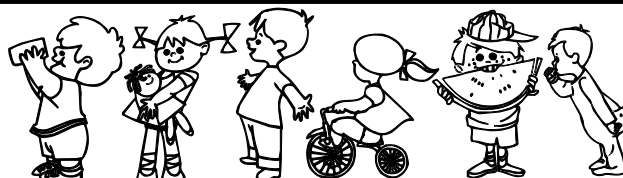
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Crossword Solution

D	U	E		S	C	R	A	M	S
I	N	N		H	I	P	P	I	E
C	P	A		E	R	M	I	N	E
T	I	C	T	A	C		A	I	D
A	N	T	I		A	E			
			P	H		K	A	R	O
M	A	D		I	R	E	F	U	L
E	Q	U	I	N	E		O	B	I
L	U	A	N	D	A		R	E	V
T	A	L	C	U	M		E	N	E

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Sudoku Solution

4	3	2	9	8	5	7	1	6
6	9	5	1	7	3	2	8	4
7	1	8	2	6	4	5	3	9
8	5	3	4	1	6	9	7	2
9	7	4	3	2	8	1	6	5
1	2	6	5	9	7	8	4	3
2	8	1	6	4	9	3	5	7
3	4	9	7	5	1	6	2	8
5	6	7	8	3	2	4	9	1

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Family Fun Center

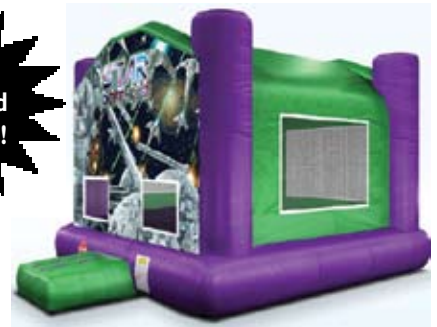
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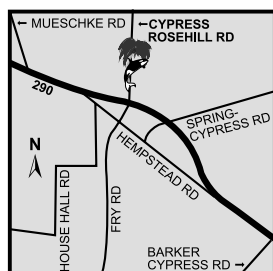
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Strathmore
Summerwood
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Villages of Langham Creek

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Willowbridge
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Wortham Village

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20215 Chad Arbor Trail,
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15615 Forest Run,
3+/2/2, 2092 SqFt, \$159,900



20919 Ochre Willow,
3/2/2, 1817 SqFt, \$155,000



15611 Meadow Palm,
3+/2/2, 2130 SqFt, \$164,900



15922 Pebble Creek Trail,
4/3/3, 2909 SqFt, \$249,900



20602 Cascading Brook Court,
5/3.5/3, 3898 SqFt, \$274,900

**POOL
SPA**

Dawn Fore's Fairfield Market Report

Neighborhood	1 st Quarter Results			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Chappell Ridge	4	\$66.75	145	4	7
Cottage Glen	0	-	-	6	0
The Crossing	1	\$68.02	72	6	3
The Estates	1	\$80.39	11	2	1
Garden Grove	1	\$73.63	17	15	4
Glen	4	\$63.44	76	3	0
Inwood Glen	2	\$73.66	23	5	4
Inwood Meadows	6	\$63.73	64	7	2
Inwood Park	6	\$67.06	75	8	6
Lakes/Lake Ridge 2	4	\$67.03	87	6	4
Landing/Reserve	5	\$69.35	40	7	2
Meadows	2	\$68.47	21	4	4
Oaks	1	\$65.24	27	3	3
Park/Retreat	1	\$75.45	11	2	1
Pines	1	\$68.48	41	3	1
Summer Ridge	2	\$61.83	128	2	1
Trails	1	\$60.90	74	0	4

These numbers for resale homes were obtained from the Houston Multiple Listing Service. While we have no reason to doubt the accuracy of this information, we cannot guarantee it. This is not a solicitation of currently listed properties.

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