

November 2006

CYPRESS MILL MESSENGER

Volume 6, Issue 11

Official Newsletter

NOVEMBER YARDS OF THE MONTH



14759 Country Rose Lane



17515 Thicket Hollow Lane



14915 Grand Bluff



18202 Wisteria Estates Lane



18326 Arbormont Dr

**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 Lilenthalpaulalili@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 School.....281-213-1645

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.

Choose & Cut Your Own Christmas Tree

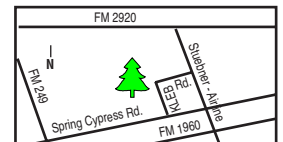


Old Time Christmas Tree Farm

281-370-9141

Open Daily After Thanksgiving
9AM - 6PM

Also pre-cut Fir Trees



*** TURN ON KLEB RD ***
7632 Spring Cypress Rd.

Train Rides, Giant Slide, Santa, BBQ: Sat. & Sun Only!

For more info. & directions: www.oldtimechristmastree.com



Angels' Attic

Resale Shop

benefiting

Cypress Assistance Ministries

281-955-7683

Monday-Wednesday 10-6

Thursday-Saturday 10-3



11202 Huffmeister

Donations Welcome

Tax Receipts Given

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Whitening?**

*Our Patients get it
FREE!*

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dental exam, cleaning, and
necessary x-rays. Available
to new patients only.

limited time offer

Save \$300
on any full
orthodontic treatment

Full upper and lower arch
treatment is required.

Offer available to new
orthodontic patients only.

limited time offer



FAIRFIELD

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& ORTHODONTICS

Keith T. Grimm, DMD
15040 Fairfield Village Dr.
Suite 240
Cypress, Texas 77433

CALL TODAY! 281-256-6190

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.

Page 1 of 2 Rev.1/29/2004

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

**Remember the
Speed Limit
throughout
Cypress Mill
is 30 MPH!**



Rec Center Hours are as follows:

Monday: 8 – 12
Tue., Wed., Fri. 1-6
Saturday: 11 – 5

Fitness Center Usage

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

Business Classifieds

RECEPTIONIST AND ADMINISTRATIVE PERSON WANTED.

Carlton-Bates Company is seeking to fill full time and part time positions. We are located near HWY 290/SH6. For more information, please call Cyndi at (281) 571-4211 or email cjj@carlton-bates.com.

FOR SALE: Its not just a sign in the yard! I will help you buy (even new homes) or sell your home with your personal needs in mind. Please call Donna Gafford with Accelerated Growth Properties @ 713-828-9548.

COMPUTER PROBLEMS: Need help getting your computer to cooperate? Transfer files to new PC? Trying to setup a wireless network? Annoying Pop-ups? Spyware. Software installations, or other problems? Call David @ 713.504.0393 M-F 5-9pm Sat-Sun 10am-9pm WWW.FAIRFIELDCOMPUTERGUY.COM 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.

FOOT & ANKLE *Specialists*

www.Foot-and-Ankle-Specialists.com

Serving the Community for 17 Years

FALLEN ARCHES

Given the wear and tear that we put on our feet, it is not surprising that when unsupported, feet begin to break down and flatten, resulting in "fallen" arches. More importantly, we see patients with painful and disabling deformities that can result from fallen arches- for example, bunions, hammertoes, heel spurs, arch strain, and swelling around the arch and the ankle area. If you experience the signs and symptoms of fallen arches, don't ignore them. Call today for an appointment.

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

16835 Deer Creek Dr., Ste. 150

Foot Specialists of Tomball
281-351-5599

13414 Medical Complex Dr., Ste. 9

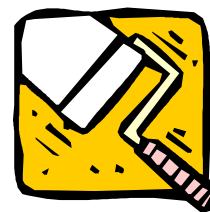
Bashans Painting & Home Repair

**Commercial/Residential
Free Estimates**

281-347-6702



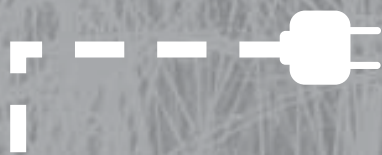
281-731-3383 cell



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- 20 Years Experience
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- Pressure Washing
- Sheetrock Repair & Texturing
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- Door Refinishing & Replacement
- Wallpaper Removal
- Custom Staining
- Fence Replacement or Repair

**References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION**

bashanspainting@earthlink.net



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make your
dinner, but
we can
help you
pay for it.



Carrabba's Italian Grill and Outback Steak House are in no way affiliated with Spark Energy nor do they in any way sponsor or endorse Spark Energy, L.P. or this promotion. To be eligible for this offer, enrollment must be complete by December 31, 2006.

Don't spend your money on rising energy costs. **Choose Spark Energy** and start receiving the **savings you deserve**.

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

Sign up with Spark Energy's Online Advantage 12 Plan and receive a **\$25 gift certificate to Carrabbas** or one of its family of restaurants. This is our way of giving you more of what you want... **money in your pocket**.



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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	Plains River Dr.	Gina Williams	281-373-4427
Bladenboro (Park I)	Monica Blanchard (temp. vol.)			Geneva Fritch	281-304-1255
Calcaterra Ct.			Pinson Dr.	Marianne MacLeod	281-304-9366
Camellia Estates Ln.	Jennifer M. Klawinski	281-381-2987	Rochelle Ct.	Debbie Brown	281-256-1875
Carriage Crossing Ln.			Rosehill Estates Ln.	Jen Malota	281-213-3778
Cascade Bend Lane	Fernando Aguirre	281-373-0186		Ronnie J. Kallus	281-304-1246
Chapel Cove Ct.			Rose Hill Park Ln.	Jamal Naffa	281-798-9448
Cinderwood Dr	Amy Arthur	281-304-1999		Bill & Elizabeth Brown	281-373-3118
	Susan White		Rosemont Estates Ln.	Steffanie Budge	281-304-9987
Cobblestone Dr.	Monica Blanchard	281-304-9389	Spring Walk Ln.	Annabelle Martinez	281-213-9079
Country Rose				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.

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CYPRESS MILL

OCTOBER YARDS OF THE MONTH



14506 Bladenboro



14606 Bladenboro



14702 Emerald Cypress



14755 Country Rose

Cypress Hill M.U.D. #1 Constable Patrol Statistics

For the areas of Cypress Mill, Sydney Harbor, Cypress Ridge, WalMart and Cypress Mill Commercial Center

Tickets	77
Burglary of Habitation	2
Burglary of Motor Vehicle	3
Theft from Habitation	0
Theft of Motor Vehicle	3
Robbery	1
Assault	0
Criminal Mischief	7
Disturbance - Family	4
Disturbance - Juvenile	1



18135 Courly Estates

Lone Star Lawn Equipment & Small Engine Specialist

19106 Cypress Rosehill Road • Tomball, TX 77377

Ph: 281-351-4477 ★ Fx: 281-351-7774

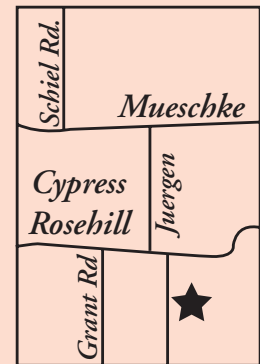


Service & Repair
Pick-Up and Delivery Available

Lawn Mower Tune-Up Special

\$37.95 (Includes 15pt inspection with oil change and blade sharpening)

Mon-Friday 7 a.m. to 6 p.m.
Saturday 8 a.m. to 2 p.m.



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Tomball, TX 77377

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*All major
credit cards
accepted.*

Winter Check-up

\$39.95

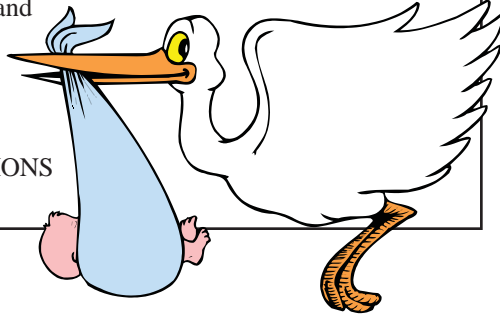
Residential - per system

24 Hour Service - 7 Days A Week

CYPRESS MILL

Stork Report

Georgia Adele Marsh was born to Lindsay and Brad Marsh and big sister Ava on August 30, 2006 at 7:54 am. Born at Methodist Willowbrook Hospital, Georgia weighed in at 7 pounds, 8 ounces and is 20 3/4 inches tall.



CONGRATULATIONS

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.

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 (mjn1@ev1.net) for location, directions, or any questions. We are happily welcoming new moms at each meeting. Hope to see you there!

The advertisement features a woman's back on the left, showing her spine. To the right is the clinic's logo, which includes a stylized family (two adults and two children) inside a circle. The text "Huffmeister" is in large, bold, purple letters. Below it, "Family Chiropractic Clinic" is in smaller, bold, purple letters. At the bottom, the phone number "(281) 970-4299" is in large, bold, white letters on a purple background. The tagline "Imagine... Life Without Pain!" is in a smaller, italicized font above the phone number.

Huffmeister
Family Chiropractic Clinic
"Imagine... Life Without Pain!"
(281) 970-4299

Specialty:

- Neck, Shoulder, Back, & Sciatic Pain
- Headaches, TMJ, Arthritis
- Whole Food Supplements
- Customize Foot Orthotics
- Acupuncture for Pain & Stress Relief, Fibromyalgia, Weight Loss, & Allergy

✦ **newly renovated office!**

11045 Huffmeister Road – Houston 77065

FREE CONSULTATION

Call Us For An Appointment Today

Worker's Comp, Auto & Personal Injuries,
& Most Major Medical Insurance Accepted

Constables Corner

By Deputy M. Coberley

Here are safety tips to help keep your home and family safe.

Exterior:

- Prune shrubbery that may hide windows and may allow a criminal access to hide by your house. Make sure all address numbers can be seen from the street; if they are located on your house make sure the bushes and trees do not obstruct the view from the street; if they are located on the curb make sure the numbers are legible; if they are not, then contact your neighborhood association so they may have them repainted. This helps law enforcement and emergency response units to locate your home when you need help the most.

When You Are Away from Home:

- Stop newspaper delivery.
- Hold your mail, or arrange for a neighbor to pick it up.
- Ask a neighbor to tend your yard and watch your house.
- Never leave messages on an answering machine indicating you are away.

Doors and windows:

- Lock doors at all times.
- Install good quality deadbolt locks on all entrance doors.
- Install peepholes or wide-angle viewers accessible to everyone in your household.
- Do not open the door to anyone you do not know.

- Sliding glass doors can be the easiest point of entry; install a keyed locking device to the door frame to prevent access.

Lighting:

- Install outdoor lighting and aim it away from the house. This will allow you to have a clear view of someone approaching your home.
- Install motion detector lighting in low lighting areas around your home. This will prevent someone from concealing themselves from your view.

Meet with your neighbors:

- Get to know your neighbors and their vehicles.
- Create a personal support network; agree to watch each others' homes when you are away.
- Swap lists of whom to notify in an emergency.
- Report unusual or suspicious behavior to the local law enforcement.

REMINDER

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

CHECKS ONLY.



Relax.

Take An Hour Long Vacation From The Outside World

The **\$100** MASSAGE EXPERIENCE for only... **\$39***

Massage Envy

1-Hour Introductory MASSAGE Session ...the feeling every body wants

Affordable, Professional, Convenient
Swedish, Deep Tissue, Sports, and Pre-Natal
12 Rooms Available Including a Couples Room

Convenient Hours - OPEN 7 DAYS
Mon-Fri 8am - 10pm Sat 8am-6pm
Sun 10am - 6pm

Cypress
25712 Northwest Freeway
Spring Cypress Exit Next to Cinemark
Cypress, Texas 77429
832-220-1900

*Call Clinic for Details

Let's Talk Real Estate



**"IT'S ABOUT
MORE THAN
A SIGN
OUT FRONT."**

Amy Healy
Cell: 832-567-7830
Direct: 281-290-2014



Your Cypress Mill
Property
Marketing
Expert

When you use my real estate services,
I will donate a portion of my commission
to the PTO/PTA at the school of your choice!

Howdy Aggie Moms!



Tuesday, November 13th, 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, West of Beltway 8, between 1960 & Hwy 249. Our featured speaker for the evening will be Mr. Bill Byrne, Athletic Director for Texas A & M University. At the same time, we want to invite all interested AGGIES, AGGIE MOMS and AGGIE DADS to join us for a Chili Dinner at 6:30 PM prior to Mr. Byrne speaking. Come see the AGGIE SPIRIT and 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.

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.

Building Strong Families

Community of Faith

Meeting at the Berry Center

Pastor Mark and Laura Shook

Sundays at 10:00 am | 832.875.2520 | cofonline.org
Berry Center • 8877 Barker Cypress • 77433 • at West Road

Keenagers Group

HAPPY THANKSGIVING EVERYONE

Here are the senior activities for the next two months:

Sat., Nov. 18th - Civil war weekend at historic Liendo Plantation. The cost is \$5 for seniors and \$5 for the home tour. We will have lunch at a local restaurant. I will have more information for you to look at on Fri. Oct. 13th at the pot luck dinner, or go online to Liendo plantation or civil war weekend.

Sat., Dec. 2nd - is our second annual Christmas Progressive Dinner. We have three couples that have agreed to host our dinner: Rob & Paula Lillenthal (drinks and snacks), Richard & Theresa Brutka (main course that will be catered), and Dwayne & Pat Kruger (dessert). I will let you know what the cost will be as soon as we have chosen a restaurant to cater. Please let me know if you would like to add your name to our list.

Sat., Dec 9th - Cypress Mill's Visit from Santa will be held at the activity center from 10 am – 2 pm. We have been asked for volunteers to bake and work at the cake walk. They need 24

items. If you would like to take part in the fun, please contact Laura Rucker at 281-256-7933 or Ler415@yahoo.net.

Dec. 20th bus trip to see the lights has been canceled. There is a matinee performance of the Radio City Music Hall Rockettes Christmas Spectacular and "Spamalot" (a TUTS sponsored event) coming to Houston. We can join The Hockey senior group. The tickets are \$24.95.

I will not be planning any future bus trips for the new year. If anyone else would like to take over this portion of the Keenagers activities, please contact me. I will plan activities in the activity center and will let the people know, who have been attending past activities, when we are going to carpool to other local activities. I will also continue writing articles for the messenger with topics and places of interest for seniors. There are several senior groups that have trips we can join. Hockey is one, and Bear Creek Seniors has lots of fun and interesting things going on.

Please contact me about the above activities. Carolyn Hoffmann carolwatec@sbcglobal.net or 281-256-3480



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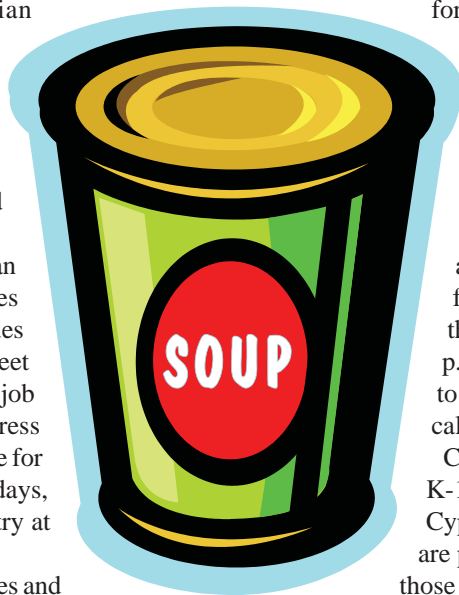
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Join Cypress Christian Students and Support Your Local Food Bank

When the "emergency" call came from Cypress Assistance Ministries, Cypress Christian School employees and students went to work collecting food for needy families in the community. During the month of October, elementary students contributed cereal and jelly while secondary students contributed canned meats, fruits and vegetables as well as soup and pasta.

The relationship between Cypress Christian School and Cypress Assistance Ministries (CAM) began many years ago and continues to this day. We have partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances. Last fall, Cypress Christian participated in the effort to provide for Katrina families; and over the 2005 holidays, CCS hosted a food drive to stock the pantry at CAM.

Again this holiday season, CCS employees and students plan to contribute food items such as turkeys,



canned goods, non-perishables, toiletry items, diapers, formula and more to meet the needs of those in the Cypress area. We urge you to join the effort to ensure that men, women and children in the Houston area do not go without. Please consider giving to your local food bank this season and beyond! You'll put smiles on many faces!

Cypress Assistance Ministries is located at 11202 Huffmeister and accepts donations from 10:00 a.m. - 6:00 p.m., Monday through Wednesday and 10:00 a.m. - 3:00 p.m., Thursday through Saturday. If you need to speak to someone about donating, please call the Assistance Office at 281-955-7684.

Cypress Christian School is an accredited K-12 Christian school and is located at 11123 Cypress N. Houston Road at Jones Road. We are pleased to make a difference in the lives of those who live in our community.

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

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required, but they are free. Call Messiah Lutheran, 281-890-3013 to reserve your tickets. Messiah Lutheran is a grace place. All people are welcome. Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. www.messiahlc.org

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Resistant Bacteria Increasing Source of Muscle Infection

Baylor College of Medicine

HOUSTON -- (Sept. 25, 2006) – An antibiotic-resistant bacteria called methicillin-resistant *Staphylococcus aureus* (MRSA) is increasingly a cause of muscle infections in children, said Baylor College of Medicine (BCM) researchers in a report in the journal *Clinical Infectious Diseases*.

The report appears online at <http://www.journals.uchicago.edu/CID/journal/contents/v43n8.html> in the October 15, 2006, issue.

“We had noticed an increase in the number of muscle infections,” said Dr. Pia Pannaraj, a post-doctoral fellow in the department of pediatrics’ section of infectious diseases at BCM. She said that in recent years, she and her colleagues at Texas Children’s Hospital had started to see a case of the MRSA muscle infection every month. In the cases she studied, the infection was acquired in the community, she said.

“I think it is important for parents to be aware that this bacterial infection can exist,” she said. “They should seek care from their child’s primary physician if there are symptoms of such an infection, such as a child limping or if there is redness or swelling in an extremity.”

Houston, in particular, has a high rate of MRSA infections. More than 75 percent of community-acquired staphylococcal infections treated at Texas Children’s Hospital are MRSA (resistant to the antibiotics commonly used to treat these infections in the past), she

said. The rate of such infections is increasing nationwide.

In surveying patient records, Pannaraj and her colleagues found that in 60 percent of the 45 previously healthy children with the muscle infections called myositis and pyomyositis, the cause was a form of bacteria – either *Staphylococcus aureus* or *Streptococcus pyogenes*. The infections occurred between 2000 and 2005. Fifteen of the 26 *S. aureus* infections tested were methicillin-resistant *Staphylococcus aureus* (MRSA) forms of the bacteria that were circulating in the community. The other infections were forms of staphylococcal bacteria that were not resistant to methicillin, an antibiotic.

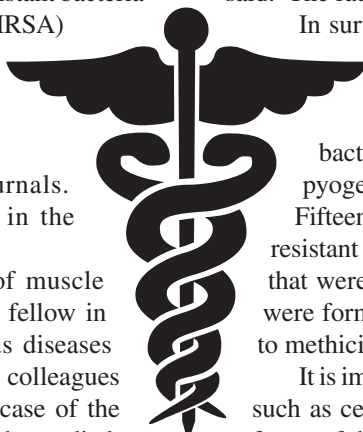
It is important the doctors treating patients for skin infections such as cellulitis to use antibiotics that will cure the resistant forms of the bacteria, said Pannaraj.

“Be aware that this is out there,” she said. “When someone comes in, doctors should be aware that this could be a muscle abscess.”

Antibiotics that successfully treat MRSA include oral clindamycin and trimethoprim-sulfamethoxazole, which are usually used out of the hospital, and vancomycin or clindamycin, which is given intravenously, usually to hospitalized patients.

The form of MRSA that is acquired in the community spreads more easily than that usually caught in the hospital, said Pannaraj.

(Continued on pg 18)



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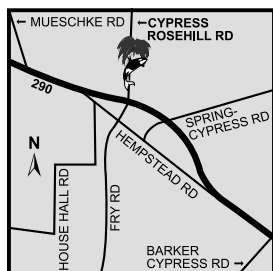
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CYPRESS MILL

Resistant Bacteria - (Continued from pg 17)

"That's why I am seeing it in otherwise healthy children," she said.

She and her colleagues are trying to find out why this particular form of the bacteria spreads so easily. Her studies are focusing on specific genes. One, pvl, permits holes to be poked into the cells, damaging them irreparably.

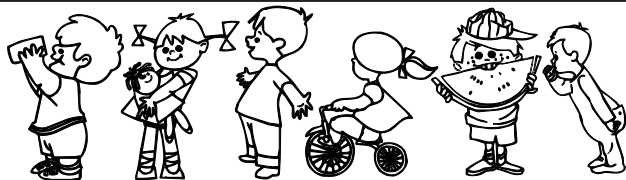
"There seems to be an association between bacteria carrying the pvl gene and the severity of disease," she said. However, she said, they have not yet determined whether the problem is this specific gene or another that is close to it.

Others who participated in this research include: Drs. Kristina G. Hulten, Blanca E. Gonzalez, Edward O. Mason, Jr., and Sheldon L. Kaplan, all of the section of infectious diseases in the department of pediatrics at Baylor College of Medicine and Texas Children's Hospital. Funding for this study came in part from Pfizer Pharmaceutical Company.

Newsletter Deadline

The deadline for the newsletters is the 10th of each month.

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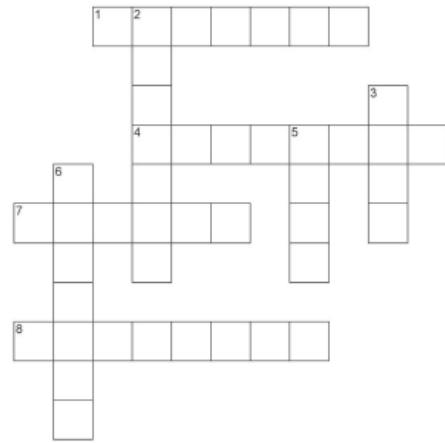
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Kidz Crossword Puzzle

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



ACROSS

Clue

1. Language spoken in Mexico
4. Capital of Ohio
7. Our President's first name
8. Your special day

Answer

- George
- Birthday
- Spanish
- Columbus

DOWN

Clue

2. We eat at the movies
3. 6th month each year
5. Cheese is made from...
6. Fixes teeth

Answer

- Dentist
- Milk
- June
- Popcorn

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I	Z	N	H	A	T	U	D	A	R	T	T
S	S	K	C	V	P	I	F	H	I	E	V
N	A	W	N	K	R	O	Q	P	X	N	W
O	S	J	J	O	T	R	K	A	X	J	E
C	N	H	L	R	C	E	S	F	M	L	D
S	A	F	Y	N	H	G	T	R	F	W	K
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Don't groan! By exercising, you can lose weight while you eat more calories than if you simply went on a diet. Regular physical activity is much more effective at keeping the weight off in the long run than any diet.

One choice is aerobic exercise

With aerobic exercise, you can lose weight without drastically reducing the calories you consume or sacrificing important nutritional needs. One reason for this is because aerobic exercise not only elevates your metabolism while you're exercising, it can also keep it elevated even after you're done, depending of course on how long and how strong you exercise.

You've probably heard about exercise programs that actually turn your body into a "fat-burning machine." Aerobics can do that. An aerobic program you stick with can help you lose weight easier because it can stimulate your body and make it burn calories.

If weight control is your goal, some types of aerobic activity will work better than others. Low-impact aerobics, like walking, step aerobics and low-impact aerobic dance are your best bets. Some good no-impact aerobic activities you can benefit from include swimming, bicycling and rowing.

If you're just getting started, begin with as little as 15 minutes of low-impact aerobics three times a week. Gradually increase to 30 minutes of moderate aerobic activity four times a week.



Strength training = weight management

Your muscles burn calories during physical activity. What you may not know is your muscles also burn calories when your body is at rest. Increase your muscle mass, and you'll be increasing your body's capacity to burn calories both during activity and at rest.

Add to that the research that shows diets that restrict calories substantially can cause the loss of lean muscle mass, along with the loss of fat. By incorporating strength training into your activity program, as well as following a moderate diet, you'll be able to maintain lean muscle mass while you lose fat.

Start any strength-training program with

one set of exercises and a weight that allows you to complete eight to 12 repetitions. Your program should exercise your legs, arms, chest and upper back. If you want to strengthen your stomach and lower back, increase the number of repetitions with weights that offer less resistance.

Success means good eating and good exercise

Follow a moderate low-fat diet and an exercise program that combines aerobic activity and strength training. That's the key to losing weight - and keeping it off.

Begin slowly with exercises you find comfortable and build as your body becomes accustomed to the activity level. Don't start out too hard or too fast. Chances are you may injure yourself or quit before you've done yourself much good.

And remember, you can't lose weight overnight. Set a realistic weight-loss goal for yourself - like one to two pounds a week - eat healthy, get going on a program of regular physical activity, and you'll be delighted by what you accomplish.

Maintaining a lower, healthier body weight is something you can accomplish. So start now and keep on going!

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Courtesy of "DAVID FLORY"

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	Apr 06	May 06	Jun 06	July 06	Aug 06	Sept 06
\$200,000 Above	0	0	0	0	0	0
\$180,000-199,999	0	0	2	0	3	1
\$150,000-179,999	2	2	1	3	4	5
\$120,000-149,999	7	6	6	1	6	3
\$100,000-119,999	0	0	0	0	0	0
\$100,000 Below	0	0	0	0	0	0
TOTAL	9	8	9	4	13	9
Highest \$/Sq Ft	77.60	73.06	75.28	71.22	74.67	71.86

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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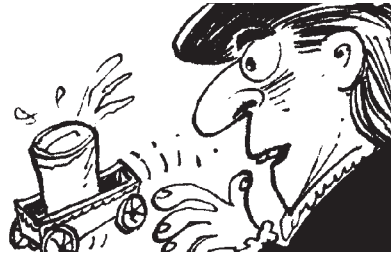
*Ranked by the Houston Business Journal 3/2006

Did You Know? Fun Facts:

Theodore Roosevelt was the first president to ride in an automobile. He toured Hartford, Conn. in a Columbia Electra Victoria on August 22, 1902.

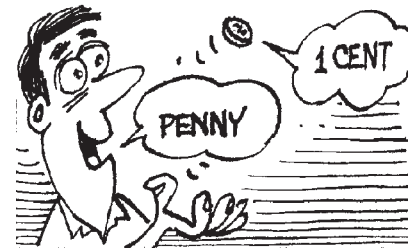


The American inventor Alexander Graham Bell wrote for the National Geographic magazine as H.W. Largelamb, which is an anagram of his name.



Hang on to your glass. Prior to 1750, coasters originally came with small wheels so drinks could be moved across a table. Sometimes shaped like tiny wagons, they were also known as sliders.

Technically, the coin that we call a penny does not exist. At the U.S. Mint, it's officially called a "cent."



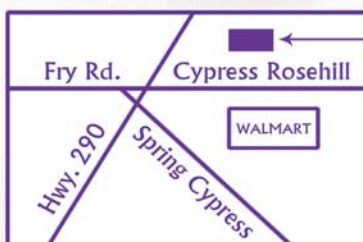
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6	1	8		2	9	3		
			5				9	
					3	1		
3	8		4	5				
		7					5	6
				7		8		
							7	2
	6							
	3			1		4		

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Cryptogram

A cryptogram is a puzzle where a sentence is encoded by substituting the actual letters of the sentence with different letters. The challenge of the puzzle is to 'decode' the sentence to reveal the original English sentence. We have provided a few of the decoded letters to help get you started.

Hint: A famous quote by Ivern Ball...

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		O					J	K									I	S							

S S S R I C
 M R S E R F D S G S Y F R I G T C K O Q
 H H S R
 X J Q N X Q Y N R X E J Q G N S X Q I W D E
 X Q X G N E G T K F F Q I Q N E R N Q

**Solution on page 27*

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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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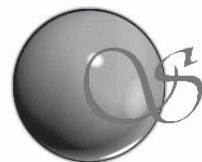
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Dental Tip of the Month.

Gums Receding and Causing Sensitivity?

Dear Friends,

Why does gum recession happen? Have you ever had sensitivity at the root of the tooth where gums are receding? It is not difficult to fix, but you want your dentist to get to the cause of it. Lot of people come to my office and tell me that their previous dentist have told them that they brush too hard. From my experience, that is hardly ever the case.

Here are some of the reasons for gums receding which can cause sensitivity to cold or even worse, over time, damage the nerve for good.

Bite being a problem, as the bite may be putting too much force on certain teeth. Make sure your dentist checks your bite thoroughly at every visit since it changes frequently.

The gums around the teeth are very thin, thus easy to recede due to the above reason.

A crown that is put on a tooth is too thick at its edge, which goes down inside the gums, thus irritating the gums and making it recede. You will see continuous redness instead of pink, firm gums.

Bacterial infection from just not brushing and flossing well can also make the gums recede.

Treatments such as fillings, gum grafting, and just simple fluoride treatments are available. However, same thing will recur if the cause is not taken care of first.

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

Your dentist,
Dr. Sundrani

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Cryptogram Solution

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
G	W	O	T	Q	F	L	J	K	U	Y	Z	M	N	R	B	A	I	S	E	D	C	X	V	H	P

M	O	S	T	O	F	U	S	A	S	K	F	O	R	A	D	V	I	C	E		
M	R	S	E	R	F	D	S	G	S	Y	F	R	I	G	T	C	K	O	Q		
W	H	E	N	W	E	K	N	O	W	T	H	E	A	N	S	W	E	R	B	U	T
X	J	Q	N	X	Q	Y	N	R	X	E	J	Q	G	N	S	Q	I	W	D	E	
W	E	W	A	N	T	A	D	I	F	F	E	R	E	N	T	O	N	E	.		
X	Q	X	G	N	E	G	T	K	F	F	Q	I	Q	N	E	R	N	Q			

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Dawn Fore's Cypress Mill Market Report

Neighborhood	4 th Quarter			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Cypress Mill Sec 1	1	\$60.70	162	5	0
Cypress Mill Sec 2	4	\$57.31	118	2	2
Cypress Mill Sec 3	3	\$60.14	141	4	0
Cypress Mill Park Sec 1	1	\$77.07	61	2	0
Cypress Mill Park Sec 2	8	\$56.55	85	5	2
Cypress Mill Park Sec 3	0	-	-	2	0
Cypress Mill Park Sec 4	0	-	-	2	0
Cypress Mill Park Sec 5	2	\$63.52	111	0	0
Cypress Mill Estates 1	2	\$64.76	104	4	0
Cypress Mill Estates 2	0	-	-	2	1
Cypress Mill Estates 3	0	-	-	2	0
Cypress Mill Estates 4	0	-	-	1	0

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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