

March 2007

CYPRESS MILL MESSENGER

Volume 7, Issue 3

Official Newsletter

Cypress Mill Homeowners Association Board Of Directors Meeting Minutes

DATE: January 24, 2007

LOCATION: Cypress Mill Meeting Room
14710 Mills Park, Cypress, TX 77429

BOARD ATTENDEES:

Stephen Howard, President
Larry Ramirez, Vice President
Shirley Whitley, Director
Bob Lilienthal, Treasurer
Tina Bunn, Secretary

Guests: Corporal Blackledge

Approximately 27 members present

Amanda Jensen, Principal Management Group

CALL TO ORDER

With quorum duly established, President Howard called the meeting to order at 7:00 p.m.

OPEN FORUM

Many concerns were raised regarding the construction of an apartment complex on Cypress Chase Blvd. It was noted the Planning Commission was holding a meeting on February 2, 1006 to discuss a requested variance to allow access for the complex on Cypress Chase. Members from Cypress Mill Estates came forward and volunteered to distribute the information to ensure all residents were aware and were given the opportunity to attend the meeting and have their voice heard. It was further noted that Cypress Mill members would be unable to stop the apartments; it could make every effort to ease the impact on the Cypress Mill residents.

Further discussion held regarding the Estates and their entrance. It was noted all entrances will be reviewed after the expansion of Cypress Rosehill is complete. The members questioned if the association would install a sound barrier fence around the community to reduce the noise from traffic and commercial property. Corporal Blackledge informed everyone that sound barrier walls required permission and planning of the Texas Department of Transportation. The Association further commented that a fence of that magnitude would be a large expense and special assessment would be required from each member. Members also requested an alternate material for the fence such as brick; again the expense was noted and the Board advised they would review and consider their request.

Members questioned why speed humps could not be installed to deter speeders and Corporal Blackledge explained that Harris County may not place speed humps on public roads. The Estates also questioned the feasibility to enclose their section with gates and brief explanation of the cost was provided and included the purchase of

all streets from the county, the installation and future maintenance of the gates and the roads to list the major expenses to consider.

It was noted the website is operational and if anyone had any suggestions for postings, to notify PMG.

Discussion held regarding deed restrictions and enforcement procedures. Explanation was provided on the jurisdiction and authority to enforce certain aspects of the documents. A few members commented that if each homeowner took responsibility for their own home and built a rapport with their neighbors, many violations would be eliminated out of respect.

The board was requested to consider evaluation of the meeting room or an alternate meeting location as the ceiling was so high; the meetings are difficult due to a high echo. The board will discuss options with contractors.

President Howard noted the basketball / tennis courts would be closed until further notice due to excessive vandalism.

Brief discussion held regarding collections and financials and Treasurer Lilienthal noted that the association is back in the black and the loan is paid in full. He further noted efforts are being made to ensure collection of delinquent accounts.

MEETING MINUTES

Consideration was given to the December 13, 2006 Board of Directors Meeting Minutes.

A MOTION WAS PASSED to approve the December 13, 2006 Meeting Minutes as written with amendment as noted above; (Motion – Howard, 2nd – Whitley, Unanimous).

FINANCIAL REPORTS

Ms. Jensen confirmed with the board how to handle the bank accounts and the Board verified to transfer funds from Sterling Money Market to a Community Association Bank Money Market; Transfer funds from Sterling Checking to CAB checking and to then close the Sterling accounts. It was also agreed to purchase a \$100,000 Certificate of Deposit and noted to maintain at least \$60,000 in the checking account.

The board reviewed CPA proposals for a 2006 financial audit and tax preparation from Barry Wuntch and O'Neal & Holmes.

A MOTION WAS PASSED to accept proposal submitted by O'Neal & Holmes for the 2006 financial audit and tax preparation at a rate of \$3,000 for the audit and \$275.00 for the tax return; (Motion – Howard, 2nd – Lilienthal, Unanimous).

OLD BUSINESS

Facility Access – President Howard was confirming proposals

(Continued on page 5)

CYPRESS MILL

Resident Board Members

President

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

Vice President

Larry Rameriz..... 281-304-4037

Secretary

Tina Bunn..... shotgun@prodigy.net, 281-304-1113

Treasurer

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

Director

Shirley Whitleyswhitley6675@sbcglobal.net, 281-256-2528

Cypress Mill Contacts

Block Captain Committee

Hortenzia Vega tenchis18@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

Carolyn 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 School 281-897-4600

Cypress Lakes Golf Club 281-304-8515

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

24 Hour Emergency 713-983-3604

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

Entex Gas 713-659-2111

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

Cy Woods Middle School 281-213-1727

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 Elementary 281-213-1700

Southwestern Bell 800-246-8464

Spillane Middle School..... 281-213-1645

Street Light Outages 713-207-2222

Texas Environmental Waste 281-368-8397

Time Warner Cable 713-462-9000

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.

Customer Care..... 713-329-7171

Amanday Jensen 281-367-8137

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

Deed Restrictions

Architectural Control Applications/Approvals

Recycling Program

Cypress Mill Administrative Assistant – Carolyn 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.

Don't want to wait for the mail?

View the current issue of the

Cypress Mill Messenger on the

1st day of each month at

www.PEELinc.com



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Paula Wood Herber, DDS
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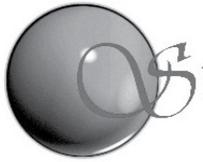
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Dental Tip of the Month.

How to deal with Dental Emergencies

*Don't get caught off guard with dental emergencies.
Know what to do when it happens, time can be a critical factor.*

Dear Friends,

I am starting a series where we will discuss frequent dental emergencies that arise.

It happens to many people where either a toddler head butts a parent and the parent's front tooth gets knocked out.

In another instance, your child's front tooth gets knocked out while he or she is horse playing with a sibling or a friend or if he or she takes a fall.

Here is what I recommend to do if a tooth gets knocked out.

- If the tooth is dirty, rinse it in cool water.
- Do not scrub the tooth at all as the tissue still attached to the tooth could prove to be vital in saving that tooth.
- Gently insert the tooth in the socket and hold it there.

Situation can arise where it is very painful to place the tooth back into the socket, in that case, place the tooth immediately in a cup of milk. If no milk is available at that time, then place it in a cup of cold water.

Chance for saving the tooth is the greatest if you get your loved on to the dentist in 30 minutes or less.

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

sundranidds@yahoo.com

(281) 225-9906

Hwy 290 @ Barker Cypress Rd.

www.sundentalsmiles.com

Business Classifieds

Now Hiring: Fairfield Athletic Club is now hiring for Before and After school counselors for the children in grades 1st through 5th grade. We are looking for young adults to those young at heart. A stay at home mom who may be looking for a little extra spending money or a grandmother looking for some interaction with children would be perfect counselors. The Positions available are: before school 7:00a.m. to 8:30a.m. and/or again after school 3:30p.m. to 6:30p.m. Call Catherine Reinhard, Childcare Director at (281) 373-0834 for more information.

Reading, Writing & Math Tutorials: Webb Learning Solutions now offers academic tutorials at St. Aidan's Episcopal Church near 290 and Fry. Tutorials are research-based and beat the price of any Franchise Learning Center. In home tutorials are also available. Contact Michael Webb M.Ed. 832.282.7059. WEBBLEARNING.COM

Newsletter Deadline

The deadline for the newsletters is the 9th of each month.

Please hand deliver articles to: Steve Howard,
281-373-0030 or e-mail Cypressmillmessenger@yahoo.com
(please save electronic files in Word format)

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Minutes - (Continued from cover page)

submitted with alternate contractors to verify the cost of the proposals were comparable.

Building Repairs – Proposals are still pending. President Howard advised he had a contractor who would perform a great job and would provide a reasonable price. Ms. Jensen advised worker's comp should be bonded soon and that he would be permissible if the Board was in agreement.

NEW BUSINESS

Tennis Courts – Ms. Jensen presented a proposal from CL Sports to resurface the tennis courts as the vandalism could not be removed and the courts were in need a few years ago. The board approved to accept the proposal for \$5,594.00 plus tax.

Flags – Ms. Jensen requested the board consider the purchase of more durable flags as the current flags are less expensive but are not lasting more than 2-3 months. The Board agreed a sturdier flag would last longer and authorized Ms. Jensen to obtain three "super-tuff" flags.

EXECUTIVE SESSION

Due to the length of time for the open forum, the board held only a brief executive session in which no formal action was taken.

Adjournment

With no further business to discuss, the executive session adjourned at 9:40 p.m.

*Prepared by: Amanda Jensen, CMCA, AMS
Principal Management Group*

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Notes from the Cypress Mill HOA Board for Mar 2007

Stephen B. Howard, Cypress Mill HOA President

Hello Everyone, well 2 months have passed from 2007 and summer is just around the corner. Myself and everyone on the Board want to let you know about the following issues.

1. In the beginning of February, there was a sign placed on Cypress Chase Blvd. Which is now known as Cypress Mill Park Blvd, that an Apartment Complex was planned and the Developer was asking for a variance from the Houston Planning Commission. After many residents in the Estates had their voices heard at the presentation meeting on the 1st of Feb, the developer decided not to put in the Complex. I spoke with the Developer on why they decided not to go forward, it came down to, Section 42 of the Municipal Code, dealing with streets. The Planning Commission, felt that the developer, needed to do more and apparently the cost was more than they anticipated. As of the 15th, there is no Apartment complex going up. This does not mean that something commercial, will not be planned in the future. All that live in the community, should be prepared for something like this again. With this area expanding like it is, believe me, things will and are going to change.
2. On the Corner of Cypress Mill Park Blvd. and the 290 feeder, in the next 90 days or so you will see construction starting on a Commercial set of 1 story buildings. I don't like using the term strip mall, but that is what you might call it; yet it is a group of Professional Buildings; medical, possibly day care and no restaurants. The HOA board is in the process of negotiating with the developer, on how the construction and right of ways will procede.
3. Dues, this is a subject no one likes, but I have to bring it up. I just recieved the latest set of numbers and as of the 15th of Feb. out of the 1521 homes in our community, 545 homes still have not paid their dues. We on the board understand money can be tight; but please, if you need to make arrangements either e-mail or call Principal Management Group or if you have any problems with them, call any one of the board members. Remember, the HOA board is your advocate and we are your neighbors. In addition, if you know, if your dues are not paid, or arrangements are not made with PMG, the credit buearus will be notified.
4. MUD BOARD MEETING: There will be a Public MUD Board Meeting on the 22nd of March at 7 pm at the Cypress Mill Park II Rec Center. PLEASE everyone who is able, be there. Many issues, people bring to the HOA board are MUD questions. This is your oppportunity to ask and hopefully get something done. Remember the Cypress Mill Community is at least 50% of the MUD district right now. Please Mark your Calendar and be there!

I want to let you know that the Elections are comming in April, When you get your Proxy ballot vote and come to the meeting. For an election to be valid, at least 10% of the dues paid in full community must be there; if you cannot attend, give your proxy to someone who will be there.

Finally, Any questions on these or any other issues, please never hesitate to e-mail or call any one of the Members of the Cypress Mill HOA Board.



He nailed it...

Learn the full story at:

www.cypress-umc.org

Or call 281.469.0730

Ash Wednesday • Soul Cafe • Sunday Messages

Holy Week Activities • Easter Worship Times

Cypress United Methodist Church

13403 Cypress N. Houston Road Cypress, TX

Electricity in Houston...I am So Confused!

By Kenton M. Brannan, P.E.

"I am so confused about who is responsible for my electricity! Houston Lighting and Power, Reliant Energy, Reliant Energy HL&P, CenterPoint Energy... they are all the same, right? Some form of a partnership?" WRONG! As an employee of CenterPoint Energy, I hear these comments quite often.

The City of Houston first began receiving electricity in 1882 from Houston Electric Light and Power. In 1901 the company became known as Houston Lighting and Power, or HL&P. In 1976 the HL&P Board of Directors approved a plan creating a new corporation to be named Houston Industries Incorporated. This new corporation would serve as a parent company to the existing HL&P. Houston Industries simply changed its name to Reliant Energy in 1999 to better align itself with changing markets. The company for so long known as Houston Lighting and Power, or HL&P, then became Reliant Energy HL&P. This company performed all the duties of its predecessor in that it generated, delivered and sold electricity at a retail price to Houston area residents and businesses.

In 2002 Senate Bill 7 was enacted in the Texas Legislature which put into place deregulation of the Texas electricity market. Prior to deregulation taking effect, Reliant Energy decided to split into two separate companies. One company would only sell electricity (Reliant Energy) and the other company would maintain the generation and delivery infrastructure (CenterPoint Energy). As a result of this

separation, the familiar names Houston Lighting and Power and HL&P were completely abandoned by both organizations.

So as it is today, Reliant Energy sells electricity at retail prices not only in Houston but throughout most of Texas. Therefore, Reliant Energy is referred to as a retail energy provider, or R.E.P. CenterPoint Energy is strictly responsible for constructing and maintaining the transmission and distribution system (poles and wires) seen throughout the Greater Houston and Galveston areas. CenterPoint Energy is not a partnership or subsidiary of Reliant Energy and is not involved in selling electricity. Likewise, CenterPoint Energy does not send bills nor collect payments for electricity. "Hold on, this cannot be right. I know I see the CenterPoint Energy logo somewhere in my stack of bills each month." Along with maintaining the electric transmission and distribution system, CenterPoint Energy also fully operates the Houston area gas delivery system; previously operated by Entex. The CenterPoint Energy bill you see each month is for your gas service rather than for electricity.

"So, who do I call if I witness street lights not functioning or experience a power outage?" When either power or street light outages occur, it is CenterPoint Energy employees who are sent to restore service. With regards to reporting outages, a person has two options. Some retail energy providers request their customers

(Continued on page 8)



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Italian Club • Philly Steak

SPECIALTY PIZZA

The King • Meat & Cheese Deluxe • Grace's Alfredo
Chicken Vegetable • Nutty Chicken
Margherita • The Italian Classic

PASTA ENTRÉES

Ravioli • Chicken Parmesan • Baked Lasagna
Chicken Piccata • Baked Ziti
Eggplant Parmesan • Shrimp Scampi

DESSERTS

Tiramisu • Chocolate Eruption • Cheese Cake
Strawberry Cheese Cake • Caramel Turtle Cheese
Cake • Large Homemade Baklava

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\$12 minimum for delivery



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Electricity - (Continued from page 7)

report all power and street light outages to them. TXU is one such provider which prefers their customers respond in this manner. The second option is to report outages directly to CenterPoint Energy at 713-207-2222 or 1-800-332-7143.

With the adoption of Senate Bill 7 and deregulation of the Texas electricity market, most Texas residents (which include residents in the Greater Houston and Galveston areas) have the ability to choose a particular retail energy provider. A list of the available providers is given by the Public Utility Commission of Texas and can be found on the website: www.powertochoose.org or contacted via telephone at 1-866-PWR-4-TEX (1-866-797-4839). A person may base their choice upon competitive price, payment plans or methods used to generate the electricity (i.e. wind, solar, etc.). However, regardless of which retail energy provider is chosen, CenterPoint Energy will still deliver electricity in the same manner. No interruptions or changes in the quality of service will be encountered.

If you would like more information regarding CenterPoint Energy's electric transmission and distribution system as well as what to expect with regards to reliability and quality of service; type the following link into your internet web browser to download a brochure which details this information. http://www.centerpointenergy.com/files/113055_Reliability_and_Power_Quality_brochure.pdf

Other questions regarding your electric service may be directed to your specific retail energy provider or to CenterPoint Energy customer service at 713-207-2222 or 1-800-332-7143.

Kenton Brannan is a resident of Cypress Mill Park II and electrical engineer at CenterPoint Energy. He specializes in maintaining reliability of the electric distribution system. Questions or comments regarding the information in this article can be directed to him via email at: kenton.brannan@centerpointenergy.com.

Howdy AGGIE MOMS,



Northwest Harris County Aggie Mother's Club

Please join the Northwest Harris County Texas A & M Mothers' Club, also known as AGGIE MOMS, on March 13, 2007 at The Houston Distributing Company located at 7100 High Life Drive Houston TX 77066 for our monthly meeting. Our featured speaker this month will be Ms. Ruby Rivera, a Regional Financial Advisor for the Houston Regional Prospective Student Center-Power Center of Texas A&M University. Social time begins at 7:00 pm with the program and business meeting starting at 7:30 pm.

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

Cy Fair Band News

Congratulation to the following Cy Fair High School band students who have auditioned over the past 2 months and have won spots in the following prestigious bands.

Texas All State Band

Lindsey Cavanaugh – Clarinet
Scott Dupre – French Horn
Kayla Wengler – Bass Clarinet

Area Band

Lindsey Cavanaugh – Clarinet
Scott Dupre – French Horn
Kayla Wengler – Bass Clarinet
Kara Estes - Clarinet
Katie Gajdica – Clarinet
Cinjin Casillas - Percussion
Zach Crow – French Horn
Rachel Lieber - Clarinet
Taylor Concialdi - Bassoon

Region Orchestra

Scott Dupre – French Horn
Cinjin Casillas – Percussion
Zach Crow – French Horn
Taylor Concialdi – Bassoon
Megan Cavanaugh - Flute

Upper Classman Region Band

Lindsey Cavanaugh – Clarinet
Scott Dupre – French Horn
Kayla Wengler – Bass Clarinet
Kara Estes - Clarinet
Katie Gajdica – Clarinet
Cinjin Casillas - Percussion
Zach Crow – French Horn
Rachel Lieber - Clarinet
Taylor Concialdi – Bassoon
Khal Albaba – French Horn
Corey Brazenec - Percussion
Jamie Burden - Trumpet
Travis Garrett – Clarinet
Nick Shives - Trumpet
John Thorkelson - Flute
Danny Wagner – French Horn
Matt Yurchak - Euphonium
Matt Baker – Saxophone
Kent Figs - Trombone
Brandon Madura – Bass Trombone

Mark Wierzbicki - Trumpet
Tatiana Claros - Flute
Steven Quinn – Bass Clarinet
Megan Cavanaugh – Flute

Freshman Region Band

Amy Alderman - Clarinet
Rebecca Rogers - Flute
Alex Stringfellow - Clarinet
Jonathan Wilcox - Clarinet

District Band

Holly Fisher – Clarinet
Olivia Hinton – Clarinet
Stormye Stevens – Piccolo
Garrett Zylicz – Trombone
Mark Baker - Trumpet
Amanda Bell - Percussion
Patricia Kelley – Flute
Adam Millard – Clarinet
Frank Moore – French Horn
Emily Neville – Bassoon
Brandon Quian - Trombone

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CYPRESS MILL

Free Diabetes Classes

Offered the 2nd Saturday of each month @ Kindred Hospital Houston Northwest, 11297 Fallbrook Dr.

"Introduction to Carbohydrate Counting" 8:30 am - 10:30 am

"Introduction to Insulin Pump Therapy" 10:30 am - 12:30 pm

"Advanced Pumping Skills & Support Group" 1:30 - 3:30

RSVP prior to each class to Tere Kelly @ 281-517-1008

Cypress Christian Students Contribute to Fight Cancer

Since 1994, millions of dollars have been raised in pennies and other spare change by more than 10 million elementary, middle and high school students throughout the country. The funds, collected during a three-week period, benefit the Leukemia & Lymphoma Society to help patients battle blood cancer and assist researchers to continue to strive for a cure.

This year, elementary students at Cypress Christian School contributed a total of \$1,012.63 to the Leukemia & Lymphoma Society. The "Pennies for Patients" program was truly a success this year. The class that raised the most money for kids with cancer was Grade 4A - Mrs. Dice's class.

To learn more about "Pennies for Patients," log onto www.leukemia-lymphoma.org. CCS students hope you, too, will join them in the fight against cancer.

Let's Talk Real Estate



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

 <p>3 CAR</p> <p>18127 Delta Estates Court 3/2/3 2168 sq.ft. \$169,900</p>	 <p>14438 Floret Estates Lane 3/2/2 2190 sq.ft. \$169,000</p>	 <p>SOLD!</p> <p>17603 Thicket Hollow 3/2/2 1597 sq.ft. \$129,900</p>
 <p>Pending!</p> <p>17615 Thicket Hollow 4/2.5/2 2295 sq.ft. \$148,900</p>	 <p>POOL</p> <p>14206 Laurus Estates Lane 4/3.5/2 2895 sq.ft. \$214,900</p>	 <p>SOLD!</p> <p>18122 Courtly Estates Lane 4/2.5/2 2762 sq.ft. \$204,900</p>

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



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Cy-Fair ISD Volunteers In Public Schools (VIPS)

Award Winners

The Cy-Fair VIPS Executive Board congratulates Chick-fil-A, Amegy Bank, John Taylor and Linda Young for their outstanding achievement in being a state award winner at the Texas Association of Partners in Education (TAPE) annual awards conference. TAPE is one of the nation's largest professional organizations providing specialized partnership training and collaboration opportunities to enhance student success. The central purpose of the association is to strengthen student success through community/school partnerships to enhance the success of young people in school and prepare them to be responsible citizens who significantly contribute to the economic, civic, and social environment in which they live and work.

John Taylor of Lamkin elementary was awarded the Crystal Award – Best In the State as the Texas Senior Volunteer Partnership. The Gold Award winner went to Linda Young from the Science Resource Center. They are both members of the CyFair community and are actively involved in education in CFISD with countless hours of volunteering their time.

Texas Parent Involvement Partnership Crystal Award – Best in the State went to Lowery Elementary. They were recognized as a parent group that promotes the active involvement of parents for the betterment of the school in a manner that positively impacts student achievement.

Texas Outstanding Business Partnership Crystal Award – Best in the State was awarded to Chick-fil-A/Copperfield and Cy-Fair locations (small business) and Amegy Bank (medium business). Both of these businesses work directly with the school, teachers, students and district through donations, mentoring, goods and services on a regular basis.

Our state award winners continue to provide an invaluable service to our district and they have made a positive impact in the schools. The quality of education in Cy-Fair ISD remains at the highest of levels in part because of community supporters such as the State Award Winners.

The Fairfield Handyman

Need Help Getting Those Honey-To-Do Lists Completed?

NO JOB IS TOO SMALL !

John Haushalter
Fairfield Resident

Call **The Fairfield Handyman** at
281-304-7837



Teacher Certification Information Sessions Set

Thinking of making a career change? Enter the teaching profession through the Alternative Certification Program at Cy-Fair College. Information sessions on this program and the Associate of Arts in Teaching degree program will be held March 1 and again April 16. Call 281-290-3957 or go to www.cy-faircollege.com/goto/tcp for information.

Center for the Arts Events

For those who enjoy theatre, "Steel Magnolias" is on the Main Stage Theatre through March 11, with "The Laramie Project" set for April 19 through April 29. For the musically inclined, the chorus performs "The Night of World Folks Songs" March 29 and March 31, with the Spring Orchestra Concert is set April 30. For tickets and information on these performances, call 281-290-5201 or go online to www.cy-faircollege.com/goto/cfcboxoffice.

What's New in the Bosque Gallery?

An Encaustic Exhibition is on display through March 29. This ancient method of painting combines colored pigment with hot wax as a binder and features student talent from Robert McGehee's class. Call 832-482-1038 for gallery hours and information or go to www.cyfaircollege.com/goto/bosquegallery.

Teen Driver's Education Now Available

Cy-Fair College now offers teen-agers age 15 to 17 the in-classroom part of driver's education in preparation for the Texas Department of Public Safety's exam for a learner's permit. Parents are responsible for

the in-car instruction. Students will receive a certificate of completion after finishing 32 hours of in-class training. Two sessions of this new in-classroom driver's education course are available from 4 p.m. - 6 p.m. or 6 p.m. - 8 p.m. Monday through Thursday beginning March 19 and April 16. Class sizes are limited and registration is under way. Call 281-290-5273 for information.

Library Hosts Free Tax Help and Dispute Resolution Services

Free tax help will be available through April 12 at the Cy-Fair College Branch Library, Room 131. AARP Tax-Aide volunteers will be on site noon to 4 p.m. Wednesdays and Thursdays to assist taxpayers with middle- to low income, particularly those ages 60 and older. Free alternative dispute resolution services are also now available weekly at the library. Staff from the Dispute Resolution Center of Harris County is on hand from 3 p.m. to 7 p.m. each Thursday to discuss the conflict and set up appointments for mediation.

Great Decisions Discussion Series Open to Community

The Cy-Fair College spring panelist discussion series titled "Great Decisions" is open to the community and covers topics affecting our lives, economy, politics and world. The Thursday, March 8 topic at 1 p.m. is "War Crimes." The creation of the International Criminal Court has established a new venue for investigating and prosecuting war crimes, despite a lack of U.S. participation. Will the non-participation of the United States weaken the power of the ICC? What challenges

(Continued on page 12)

Celebrating our 1 year anniversary on Saturday March 10th

SALONS

at STONE GATE



Help us welcome Ellen Hebert to our team!

281-256-2204

Salons at Stone Gate Tues-Thurs 9AM - 7PM
 11734 Barker Cypress Fri 9AM - 5PM
 (One block south of Hwy 290) Sat 9AM-4PM

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CYPRESS MILL

Teacher Certification - (Continued from page 11)

are faced by the ICC in punishing war criminals? The spring series wraps up Tuesday, April 17 at 7 p.m. with "Climate Change." For information, call 281-290-3246 or 281-290-3919.

Have You Experienced A.L.L.?

The Academy for Lifelong Learning (A.L.L.) at Cy-Fair College provides opportunities for adults 50 and better to enjoy intellectual and social enrichment. Classes are offered in computers, health and fitness, government, financial planning, culinary arts, music, history, and more. Some classes will also be held at the Fairbanks Center. For information e-mail Twana.m.york@nhmccd.edu, call 281-290-5246 or go to www.cy-faircollege.com/goto/all for a full schedule of offerings.

Library Offers Free Computer Classes and Book Clubs

The Harris County Public Library Cy-Fair College Branch offers free computer workshops, including a family-friendly class. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are also available including women of the world, democracy, and sports page. There are plenty of youth programs with activities and book clubs for youth age 7 - 12 and teens as well as storytime for younger children. Go online to <http://cfclibrary.nhmccd.edu> for information.

Cypress Mill Swim Team

The Cypress Mill Swim Team is excited about our 2007 season. Registration dates will be March 24 and April 14 from 9:00 AM to 1:00 PM. Register on March 24 and save money. See our web site (<http://cmmakosharks.org/>) for details.

Hats Off To Spring Craft Fair

St. John Lutheran Church
15235 Spring Cypress
(Corner of Spring-Cypress and Huffmeister)
Saturday, March 24 9:00am-4:00pm
Contact: Audrey Micheletti
281-256-0131 or aamicheletti358@yahoo.com

Metro Bus Server

Service has begun from Highway 290 & Skinner to downtown Houston. The bus route is the 217 and operates Monday through Friday morning and afternoon (no midday service). I've enclosed a link to the METRO website for more information on the press release and also a link to the schedule with map.

http://www.ridemetro.org/news/releases/011807_1.asp
<http://www.ridemetro.org/pdf/routes/217-cypress.pdf>

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Cypress Assistance Ministries

11202 Huffmeister
281-955-7684

www.cypressassistanceministries.com

Volunteers Needed: Cypress Assistance Ministries has recently acquired more of the strip center we occupy. We are looking for an experienced electrician or plumber willing to donate time to renovate this section of our building. This new space will greatly enhance the ministry at CAM once the renovations are made to better suit our needs.

Men with trucks are needed on Saturdays to pick up heavy furniture donations and return them to CAM. We have had to pass up good quality furniture because we are unable to manage pick-ups without volunteer help. If you can lift, have a truck and would like to donate a Saturday morning once a month, please call Kelly Thomas at 281-955-7683.

Our busy Angels' Attic Resale shop needs volunteers on Monday and Wednesday afternoons from 2:00 – 6:00.

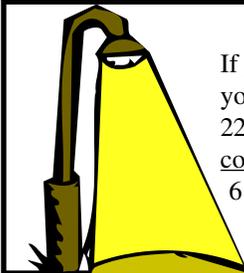
As spring approaches, the Food Pantry is in need of the following donations:

- Spaghetti Sauce
- Breakfast Cereal
- Jelly
- Diapers sizes 4, 5 and 6

Celebrate your birthday all month long at Angels' Attic Resale Shop. During your birthday month, get 20% off your total bill with proof of your birth date. Angels' Attic Resale Shop benefits the ministry all year long.

Please visit www.cypressassistanceministries.com for information on other volunteer opportunities, up-to-date information on our current donation needs and a description of all our services.

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



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.



The Speech Emporium

Speech and Language Therapy **832-593-6767**

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Kristie K Gatto, MA, CCC-SLP
Jennifer A Swaengien, MA, CCC-SLP

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www.speechemporium.com

Petition

Hello friends and neighbors. I urge you to please read through and sign the petition (using the enclosed link) to implement a diamond HOV lane where the current HOV lane ends at West Road. The traffic on 290 is getting a bit over crowded and using a diamond lane (like on I-10) will certainly alleviate congestion. Please urge other members of your household to sign the petition as well. Feel free to forward this email to other friends.

<http://www.petitiononline.com/290Diamd/petition.html>



The Cy-Fair College Theatre Presents
Street Magicians
The Theatre Department presents this Robert Harling comedy.
March 1-11

Night of World Folk Songs
The Choral Department presents American and International Folk Songs.
March 29 & March 31

Center for the Arts • Main Stage Theatre
9191 Barker Cypress • Cypress, Texas 77433
www.cy-faircollege.com/goto/cfcboxoffice

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* Early Morning Drop-off Mon-Fri 7AM

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Call (281) 256-3150 for Appointment

Mike Hicks, DVM
Sandra Harris, DVM

CYPRESS MILL

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, (momsclub.org), 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 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 Thursday of each month at 10:00 a.m.

If you are interested, please come to one of our next meetings on March 8th or April 12th 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 (snorris1993@entouch.net) for location, directions, or any questions. We are happily welcoming new moms at each meeting. Hope to see you there!

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.

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

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Solutions can be found on www.PEELinc.com

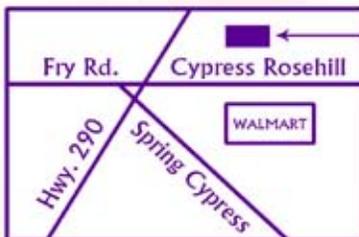
Our Vision

At CYPRESS MILL DENTAL, you'll find a highly educated, experienced team warmly welcoming you from the moment you walk through our door. With a philosophy of treating clients how we'd like to be treated, our top goal is making sure you have a relaxing, productive visit.

In addition to our outstanding preventative maintenance and general dentistry procedures, CYPRESS MILL DENTAL offers all types of restorations to give you the most natural, healthy smile:

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 - Invisalign / Extractions
- Emergencies



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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.

	Aug 06	Sept 06	Oct 06	Nov 06	Dec 06	Jan 07
\$200,000 Above	0	0	1	0	0	1
\$180,000-199,999	3	1	2	1	0	1
\$150,000-179,999	4	5	2	1	2	2
\$120,000-149,999	6	3	5	0	2	5
\$100,000-119,999	0	0	0	1	0	1
\$100,000 Below	0	0	0	0	0	0
TOTAL	13	9	10	3	4	10
Highest \$/Sq Ft	74.67	71.86	75.90	72.32	73.87	80.67

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

#1 Selling Agent In Cypress Mill 2001-2006

David "Super Dave" Flory



- #3 Realtor in Houston (out of 17,000)!*
- Top 1% of Realtors in the U.S.
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*Ranked by the Houston Business Journal 3/2006

CYPRESS MILL



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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 139
Burglary of Habitation 0
Burglary of Motor Vehicle 2
Theft from Habitation 1
Theft of Motor Vehicle 1
Robbery 0
Assault 0
Criminal Mischief 4
Disturbance - Family 5
Disturbance - Juvenile 7

Fitness Center Usage

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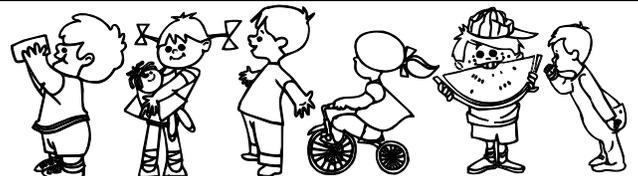
- **ZOOM!** One hour teeth whitening with great results.

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Fax: 281-304-7786

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Fax: 281-252-4644

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Waller, Texas 77484
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Publicity

The Texas Color Guard Circuit will be holding two competitions at the Berry Center. The first on March 24 and the State Championships the following weekend, March 30-31. This contest is the culmination of various competitions held Jan - March for Indoor Drumline and Winter Color Guard from the different high schools in the State. Some of the Cy Fair High Schools, as well as schools from around the state, will be represented in the different classes of competitions. This is a great opportunity for a family outing. The level of musicianship and movement is exciting to watch. The Championship competition has been held at Texas State University for the last 10 years. It is a great honor that the Cy Fair High School Band was chosen to host this event.

The Saturday 3/24 morning competition is the Cy-Fair Show. This show is limited to Scholastic SAAA Units and above. Currently there are 24 Units registered to perform.

The Saturday 3/24 afternoon competition is the TCGC Regional A Championships open to Cadet, Novice, and Regional A units. Currently there are 48 Units registered to perform.

The Friday 3/30 and 3/31 competitions are the TCGC Percussion and Color Guard Championships. There are 105 Units registered to perform over the 2 day event.

Food will be available for purchase at the Berry Center concessions and parking is free.

Ticket prices and contest times will be available on the Cy-Fair Band Website, www.cyfairband.org, once available.

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

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Jandy

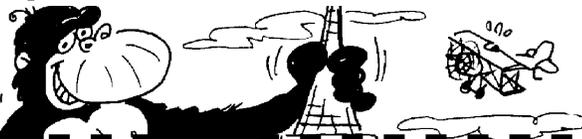


GOT2SWIM.com
281-477-7776

Did You Know?

The Empire State Building was built with 60,000 tons of steel, 3 million square feet of wire mesh, 70,000 cubic yards of concrete, 10 million bricks. The structure can accommodate 15,000 people.

"AND ONE BIG MONKEY."



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.



Bring home a real dinner tonight.



It's 4 p.m. Do you know what your family's having for dinner tonight? With Super Suppers Curbside-To-Go, it's easy. Just give us a call, drop by your local Super Suppers and we'll have a healthy, delicious dinner brought to you curbside. You'll get an affordable, freshly prepared, easy-to-cook meal that's ready for your oven. We start the meal and you finish it, with Super Suppers Curbside-To-Go.

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3. Cook & serve to your family

Texas Events- March

10—ROCKPORT: GospelGrass at the Beach 866/772-5633
 10-11—BROWNSVILLE: Air Fiesta 2007 Brownsville/South Padre Island International Airport. www.rgvwingcafe.com 956/541-8585
 10, 16-17, 24, 31—LAKE JACKSON: Story Time Have fun and learn as storytellers read books about the sea and nature. Begins at 10 a.m. Friday and 10:30 a.m. Saturdays. Sea Center Texas. www.tpwd.state.tx.us/spdest/visitorcenters/seacenter 979/292-0100
 13—BEAUMONT: Cirque Dreams Jungle Fantasy This new adventure takes audiences soaring into a magical forest through the air and on stage. Jefferson Theatre. www.beaumont-tx-complex.com 409/838-3435
 13-25—HOUSTON: Seven Brides for Seven Brothers Hobby Center for the Performing Arts. www.tuts.com 713/558-TUTS or 888/558-3882
 16—WHARTON: U.S. Army Field Band & Soldiers' Chorus Begins at 7 p.m. WHS Auditorium. 979/532-0404
 17—FULTON: Harriet's Trash to Treasure Bazaar Shop the donated treasures offered for sale. Enjoy baked goods, arts & crafts, antiques, collectibles and more. Hours are 9 a.m. to 3 p.m. Fulton Mansion State Historic Site. 361/729-0386
 17—GALVESTON: Steve Solomon's My Mother's Italian, My Father's Jewish & I'm in Therapy The Grand 1894 Opera House, 2020 Postoffice St. www.thegrand.com 800/821-1894

17—HOUSTON: Birder Walk & Talk Enjoy a guided hike while seeking spring neotropical migrants and nesters. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800
 17—LA PORTE: Hard Hat Tour Take a guided tour and see areas rarely seen by the public. Reservations required. Battleship Texas State Historic Site. 281/479-2431 ext. 234
 17—VICTORIA: Crossroads GospelGrass City's Multi-Use Pavilion on Ben Wilson. 866/772-5633 or 361/576-0370
 17—VICTORIA: Market Day Hours are 9 a.m. to 4 p.m. DeLeon Plaza in Downtown Victoria. E-mail: parks@victoriatx.org • www.victoriatx.org 361/485-3200
 17-18—HOUSTON: 18th Annual Auto Swap Meet Browse through booths filled with old, new and used automobile parts, paraphernalia and memorabilia. Traders Village. www.tradersvillage.com 281/890-5500
 17-18—NEEDVILLE: Citywide Garage Sale Includes more than 80 locations. 979/793-6357
 18—GALVESTON: St. Patrick's Day Bike Parade Kids 12 and under are invited to participate. With parents' help, kids decorate the bikes then parade through the campgrounds. Begins at 10 a.m. Galveston Island State Park. 409/737-1222
 18—LA PORTE: 24th Annual Fords of the '50s Old Car Show &
(Continued on pg 21)

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www.Foot-and-Ankle-Specialists.com

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

Foot Specialists of Tomball
 281-351-5599

13414 Medical Complex Dr., Ste. 9

Fairfield Kids Club

WOW! Can you believe that Registration is here for the 2007-2008 school year?! We are registering new students now. We are currently accepting children in our three and four year old program.

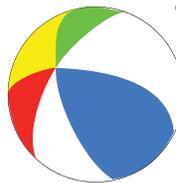
Fairfield Kids Club has been serving the needs of the Cypress area since the fall of 1998. We are a state licensed facility operating five days a week. We offer preschool programs two-days a week for 3 and 4 year olds and three-days a week for 3 and 4 year olds.

Check our website at www.fairfieldvillage.org for more information and for registration forms please call Catherine Reinhard, Childcare Director at (281) 373-0834.



Summer Camp

The Fairfield Athletic Club Summer Camp offers a safe, fun and structured environment with various sports activities including swimming, tennis and basketball, along with arts, crafts and other games. We provide two snacks and special lunches twice a week. Our state licensed program is for children who have completed kindergarten through fifth grade. Your child does not need to be a resident of Fairfield.



Check our website at www.fairfieldvillage.org for more information and for registration forms please call Catherine Reinhard, Childcare Director at (281)-373-0834.

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Spring is almost here and the home buying season is upon us! Call me today to find out how to sell your home quickly!

January Sales

Cypress Mill Park

- † 5 homes sold!
- † Average 1983sf
- † Average Price = \$140,060
- † Average Days on Market = 124

Cypress Mill Estates

- † 3 Sold
- † Average 2507 sf
- † Average Price =- \$178,000

Area obtained from Houston Association of Realtors, not guaranteed

CYPRESS MILL

Texas Events - (Continued from pg 19)

- Picnic See hundreds of classic cars, none newer than 1980 models. Gates open at 9 a.m. San Jacinto Battleground State Historic Site. For registration, call David Jackson at 281/599-7920. www.fordsofthe50s.com 281/479-2431
- 20-Apr. 5—BROWNSVILLE: All Valley Juried Invitational: Art Teachers Richardson Art Gallery. 956/882-7097
- 21—CORPUS CHRISTI: The Lowe Family 361/980-1949
- 22—BEAUMONT: Go for the Gold Art Museum of Southeast Texas. www.amset.org 409/832-3432
- 22—BEAUMONT: Lamarissimo — Concert Bands Jefferson Theatre. www.jeffersontheatre.org 409/880-8144
- 22—BROWNSVILLE: UTB/TSC Two O'clock Jazz Band UTB/TSC SET-B Lecture Hall. www.utb.edu 956/882-8247
- 22-24, 29-31—HOUSTON: Don Giovanni Presented by Opera in the Heights. Begins at 7:30 p.m. Lambert Hall. www.operaintheheights.org 713/861-5303
- 22-Apr. 15—HOUSTON: Cirque du Soleil's Corteo www.cirquedusoleil.com 800/678-5440
- 23—BROWNSVILLE: UTB/TSC One O'clock Jazz Band UTB/TSC Set-B Lecture Hall. www.utb.edu 956/882-8247
- 23-24—VICTORIA: The Quilt Guild of Greater Victoria Inc. Quilt Show 361/574-9869
- 23-25—HOUSTON: Bayou City Art Festival More than 300 national

- artists are invited to show and sell their original art. Memorial Park. www.bayoucityartfestival.com 713/521-0133
- 23-25, 30-Apr. 1—BROWNSVILLE: Victor/Victoria Presented by Camille Playhouse. 1 Dean Porter Park. 956/542-8900
- 24—GALVESTON: Say Goodnight, Gracie The Life, Laughter & Love of George Burns & Gracie Allen Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 24—LOS FRESNOS: Junior Angler Education Workshop Children between the ages of 7 and 14 can learn the basics of traditional fishing. Begins at 9 a.m. Reservations required. Liberty Memorial Middle School. 956/882-8979
- 24-25—NURSERY: Seventh Annual Small Engine, Antique Truck & Tractor Show Hours are 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. on Sunday. Hwy. 87, seven miles northwest of Victoria. E-mail: pereida@tisd.net 361/578-8484
- 25—KATY: Annual All Around Liar's Contest Anglers, hunters and liars are invited to share stories about the one that got away. Begins at 2 p.m. Bass Pro Shops. 281/644-2200
- 26—HOUSTON: Old World to New Texas Presented by the Houston Chamber Orchestra. Begins at 7:30 p.m. Zilkha Hall, The Hobby Center for the Performing Arts. www.uniquelyhouston.org

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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Protecting Your Home: 10 Lo-Tech and Hi-Tech Tips

After a fun-filled week in the sun or on the slopes, the last thing families want to do is come home to a ransacked house. According to the National Burglar and Fire Alarm Association, each year nearly 5 million families become victims of household burglary, often when they've been on vacation.

Austin-based home security company uControl, a member of the National Burglar and Fire Alarm Association, shares 10 lo-tech and hi-tech security tips to protect your home while you're away:

Lo-Tech:

1. Discontinue newspaper and mail delivery.
2. Lock all doors, windows and garage doors.
3. Leave drapes and shades open as normal (closed blinds give burglars privacy should they break in).
4. Have your yard mowed and your trees and hedges trimmed – removing hiding places for burglars.

Hi-Tech:

1. Install motion-sensor lights in your yard so lights come on when someone walks by.

2. Install an alarm system – but not just any alarm system. Today's newer alarm services offer better security and more features and services, usually for the same (or lower) monthly fee.
3. Select a home security provider that offers redundant, back-up connections for your alarm system. Burglars know that all they have to do is cut the telephone line to disable most alarm systems. Newer security systems operate over broadband and cellular connections so your system is always monitored – whether a phone line is cut or your power goes off.
4. Make sure your home security is monitored 24/7 by licensed monitoring centers.
5. Select a security provider that provides remote access so you can check on your home anytime, anywhere. Many newer systems allow you to check on your home's alarm status from a computer or cell phone.
6. Set up your alarm system so you (and selected family members or neighbors) receive text messages or emails when the alarm goes off.

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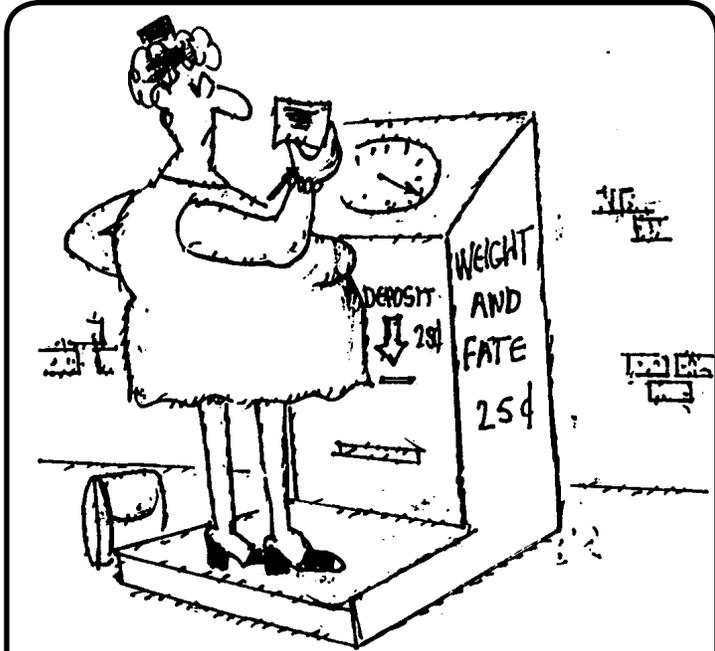
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Fellowship training included taking care of:
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Dr. Parikh serves as faculty for Lone Star Sports Medicine Center and has written articles in several sports medicine journals.

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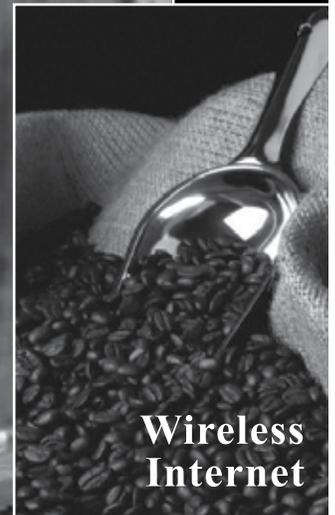
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Fit Facts™ FROM THE AMERICAN COUNCIL ON EXERCISE®

Before You Start an Exercise Program

there are a few questions to ask yourself to determine whether you should see your doctor first.

QUESTION YOURSELF

Your first step is to ask yourself how active you want to be. This may sound like a silly question - you're probably planning on doing whatever you're capable of, whether that's a slow walk around the block or a vigorous step class. But if you're of a certain age or have certain cardiovascular risk factors, you may need to see your physician before beginning a program that involves vigorous (as opposed to moderate) aerobic activity.

Here's how exercise intensities are typically defined:

Low-to-Moderate - This is an intensity that can be sustained relatively comfortably for a long period of time (about 60 minutes). This type of exercise typically begins slowly, progresses gradually and usually isn't competitive in nature.

Vigorous - This is an intensity that is high enough to significantly raise both your heart and breathing rates, and is usually performed for about 20 minutes before fatigue sets in.

Are you planning to participate in vigorous activities and are a man over 40 or a woman over 50? You should receive a medical exam first. The same is true for individuals of any age with two or more coronary artery disease risk factors. If you're unsure if this applies to you, check with your physician.

MORE QUESTIONS

Now that you've made it through the first questions, there are a few more to answer. A YES to any ONE of the following questions means you should talk with your doctor, by phone or in person, BEFORE you start an exercise program. Explain which questions you answered "yes" to and the activities you are planning to pursue.

1. Have you been told you have a heart condition and should only participate



in physical activity recommended by a doctor?

2. Do you feel pain (or discomfort) in your chest when you do physical activity? When you are not participating in physical activity? While at rest, do you frequently experience fast, irregular heartbeats or very slow beats?
3. Do you ever become dizzy and lose your balance, or lose consciousness? Have you fallen more than twice in the past year (no matter what the reason)?
4. Do you have a bone or joint problem that could worsen as a result of physical activity? Do you have pain in your legs or buttocks when you walk?
5. Do you take blood pressure or heart medications?
6. Do you have any cuts or wounds on your feet that don't seem to heal?
7. Have you experienced unexplained weight

loss in the past six months?

8. Are you aware of any reason why you should not participate in physical activity?

If you answered "no" to all of these questions, and you passed the first round of questions, you can be reasonably sure that you can safely take part in at least a moderate physical activity program.

But again, if you are a man over 40 or a woman over 50 and want to exercise more vigorously, you should check with your physician before getting started.

So, are you ready? If you are, but are unsure how to get started, consider contacting an ACE-certified Personal Trainer or joining a reputable fitness facility.

For more information on finding a trainer, or for fitness information in general, visit the ACE Web site at www.acefitness.org.

Coronary Artery Disease Risk Factors

- Age (men > 45, women > 55)
- Family history of heart attack or sudden death
- Current cigarette smoking
- High blood pressure
- High cholesterol
- Diabetes
- Physical inactivity



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Teenage Job Seekers

Not Available On-Line

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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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.				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
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Delta Estates Ct.	Michelle Peting	281-304-8894	Woodcypress Ln.		
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Harnett Dr.					
Harvest Chase Ct.	Yoland Salinas				
Hazy Ridge Lane	Amy Merrill	281-256-6449			
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Hollow Branch Ct.	Jacqui Williams	281-304-8006			
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Huntmont Street (Place)	Lynda Wells	281-304-1184			
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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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20822 Ochre Willow Trail,
4/2/2, 2110 SqFt, \$185,000



14207 Bloomingdale Manor,
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Dawn Fore's Cypress Mill Market Report

Neighborhood	4 th Quarter 2006			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Cypress Mill Sec 1	0	-	-	3	0
Cypress Mill Sec 2	3	\$61.13	77	3	1
Cypress Mill Sec 3	2	\$71.17	44	0	1
Cypress Mill Park Sec 1	0	-	-	1	0
Cypress Mill Park Sec 2	3	\$68.62	52	10	1
Cypress Mill Park Sec 3	2	\$69.75	139	1	1
Cypress Mill Park Sec 4	0	-	-	4	4
Cypress Mill Park Sec 5	1	\$62.58	73	1	1
Cypress Mill Estates 1	3	\$73.56	46	5	2
Cypress Mill Estates 2	2	\$67.31	53	1	0
Cypress Mill Estates 3	1	\$63.75	21	1	0
Cypress Mill Estates 4	1	\$73.87	136	2	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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