

July 2007

# CYPRESS MILL MESSENGER

Volume 7, Issue 7

Official Newsletter

## BE A GOOD NEIGHBOR ..... Just a few simple things that we can all follow:

Do not put your garbage cans out on Saturday for Monday pickup. Visitors and potential buyers in the neighborhood are turned off by the ugliness of this one act. Realtors will tell you that garbage cans in view of the public take away from the aesthetics of a neighborhood. Do not put your garbage cans out on Tuesday for Thursday pickup.

Take your garbage cans in on garbage pickup day - do not store them in front of your garage doors.

On recycling day do not overload your bin so that wind causes paper or plastic to blow all over the street.

Take pride in the care of your lawn and your flower beds. A well manicured lawn is a big plus for our neighborhood.

Get to know your neighbors. There are a lot of good people that live in our community and you are missing out if you haven't gotten to know them. Neighbors tend to look out for each other and add to the safety of our community.

Obey the traffic laws.

Please do not make excessive noise. Keep your barking dogs quiet.

Do not throw trash in the streets or place trash in the mailbox receptacles. Trash in the streets will find its way into the sewer lines. This can lead to flooding of our streets during heavy rains.

Take pride in your home. Keep its outward appearance maintained. You will be thankful if you ever put your home up for sale that you have kept this maintenance up to date.

There are lots of other things that we can all do to protect the value of our homes. If you have not read your deed restrictions please do so.

All of the above mentioned are violations of our deed restrictions. Each infraction that our property management company records costs the entire neighborhood. This is money that we can spend on other needs of our neighborhood.

And last but not least, attend your neighborhood HOA meetings. Dates and times are posted in the messenger.

Thank you! Shirley Whitley  
President, Cypress Mill HOA



### Cypress-Rosehill Road Work

The Harris County Right-of-Way Department has advised us that work will begin in September or October.

## YOU'RE INVITED

### National Night Out

Tuesday, August 7, 2007 6 PM – 9 PM

#### MEET YOUR NEIGHBORS

BRING A SMILE A LAWN CHAIR AND A SNACK

Together as neighbors we can communicate to  
Keep Our Neighborhoods Safe

*Remember to turn on your front porch lights and lock your doors*

**LIGHTS ON MEANS LIGHTS OUT FOR CRIME**



### Thank You Residents' For Volunteering Your Time

The Board and the Admin Asst would like to thank our neighbors for volunteering their time for helping us when we need help.

Dwayne Jernigan, for all his help in the Fitness Room and sharing his computer skills with us. Dwayne comes to work out and we give his mind a workout besides.

Leon Turner, for helping set up for the 5th grades Graduation Party. He certainly made setting up much smoother and quicker.

Charlie Hoffmann, for being Cypress Mill Recreation centers Handy Man. When ever we need something-fixed Charlie is right there to help out. That is, when he's not playing golf.

Thank you Cypress Mill residents. We really appreciate all your help.

We are in need of a Welder for a small welding job. If you have the equipment and a few minutes, please contact the Cypress Mill Recreation Center at 281-213-3174 or carolyn.hoa@sbcglobal.net.

# CYPRESS MILL

## Resident Board Members

### President

Shirley Whitley ..... swhitley6675@sbcglobal.net, 281-256-2528

### Vice President

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

### Secretary

Jennifer Uherek ..... juherek@houston.rr.com, 281-213-3154

### Treasurer

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

### Director

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

## Cypress Mill Contacts

### Block Captain Committee

Cassie Hearn ..... chearn002@houston.rr.com, 281-256-4941

### 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

..... carolyn.hoa@sbcglobal.net

## Emergency Numbers

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

## Other Important Numbers

ACC Changes/Questions - Principle Management:

Jessica Tafton ..... 713-329-7138

Cy-Fair High School ..... 281-897-4600

Cy-Woods High School ..... 281-213-1919

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

CenterPoint Energy ..... 713-207-2222

Irrigation Leaks/Common Area Repairs - Principle Management

Newsletter Publisher

Peel, Inc. .... [advertising@PEELinc.com](mailto:advertising@PEELinc.com), 888-687-6444

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

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

## 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

Jessica Tafton ..... 713-329-7138

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

Deed Restrictions

Architectural Control Applications/Approvals

Recycling Program

**Cypress Mill Administrative Assistant** – Carolyn .... 281-213-3174

..... carolyn.hoa@sbcglobal.net

Administrative hours at the Rec Center:

Mon 12-5, Tues 12-5, Wed 9 - 2, Sat 9 - 2

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](http://www.PEELinc.com)**



**QUALITY LEARNING CENTERS**


**281-304-KIDS**

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Keith T. Grimm, DMD  
Paula Wood Herber, DDS  
15040 Fairfield Village Drive, Suite 240  
Cypress, Texas 77433  
Located at 290 West at Mason Road

*Children and Families are always welcome!*

# CYPRESS MILL

## Block Captains

Street	Block Capt	Phone #			
Arbormont Dr.	Shelia Wiggs	281-304-0245	Palos Park Dr.	Phyllis Jarnegan	281-304-9632
Arbor Trace Ct.				Virginia Balducci	281-256-3010
Aster Estates Ln.	Kari Joyner	832-797-0380	Palos Place Pl.	Phyllis Jarnegan (temp. vol.)	281-304-9632
Auburn Woods Dr.				Virginia Balducci (temp. vol.)	281-256-3010
Autumn Glen Ct.	Courtney Hicks	281-213-3182	Park Arbor Ct.	Lauren Gaspard	281-373-9966
	Cynthia Buchanan		Pebble Meadow Ct.	Michelle Robison	281-265-6453
Begonia Estates Ct.	Diana Pretus	281 330-8251		Gina Williams	281-373-4427
Bladenboro (Park I)	Monica Blanchard (temp. vol.)		Plains River Dr.	Geneva Fritch	281-304-1255
Calcaterra Ct.				Marianne MacLeod	281-304-9366
Camellia Estates Ln.	Jennifer M. Klawinski	281-381-2987	Pinson Dr.	Debbie Brown	281-256-1875
Carriage Crossing Ln.			Rochelle Ct.	Jen Malota	281-213-3778
Cascade Bend Lane	Fernando Aguirre	281-373-0186	Rosehill Estates Ln.	Ronnie J. Kallus	281-304-1246
Chapel Cove Ct.				Jamal Naffa	281-798-9448
Cinderwood Dr	Amy Arthur	281-304-1999	Rose Hill Park Ln.	Bill & Elizabeth Brown	281-373-3118
	Susan White			Steffanie Budge	281-304-9987
Cobblestone Dr.	Monica Blanchard	281-304-9389	Rosemont Estates Ln.	Annabelle Martinez	281-213-9079
Country Rose			Spring Walk Ln.	Judy Jackson	281-373-5160
Courtly Estates Ln.	Theresa & Richard Brutka	281-256-7810		Sharon Strausburg	281-304-1382
	Michele Hilsher	713-412-7793	Sweetstone Estates Ct	Michelle O'Keane	281-304-8188
Creekmill Ct.			Thicket Hollow	Sheri Pivonka	281-658-2161
Cross Stone Ct.				Holly Engle	281-304-9852
Cypress Cottage Ct.	Tina Strautman	281-213-9732	Thornbluff Ct.		
Cypress Meade Ct.			Timber Cliff Ct.	Holly Engle (temp. vol.)	
Cypress Meade Ln.			Timber Cliff Ln.	Holly Engle (temp. vol.)	
Cypressmill Ct.			Trellis Estates Ct.		
Cypress Orchard	Debbie Deleon	832-289-6580	Valley Stone Ct.	Rhonda & David Bubenik	
Cypress Ridge Grove	Sheri Lyn Klein	281-373-3674	Water Mill Dr.		
Cypress Stone Ln.	Sharon Covington	281-851-3484	Wild Ivy Ct.	Sheri Lyn Klein (temp. vol.)	
Cypress Valley Ln.			Windwood Park Ln.	Gail Norris	281-373-4542
Delta Estates Ct.	Michelle Peting	281-304-8894	Wisteria Estates Lane	Matt Buss	281-304-9321
Emerald Cypress Ct.			Woodcypress Ln.		
Emerald Cypress Ln.	Jennifer Patterson	281-256-8221	Wooded Glen Ct.	Hortensia A. Vega	281-304-9422
	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 Nowak	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](mailto:tenchis18@sbcglobal.net).

**KIM MOORE**  
Sales Representative

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Fax 281-373-3807  
[kim@PEELinc.com](mailto:kim@PEELinc.com)



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# CYPRESS MILL

## BLOCK CAPTAINS NEEDED

In an effort to bring our community closer and re-establish good communication as we continue to grow, PLEASE consider giving of a small amount of your time to share in the betterment of Cypress Mill. Many wonderful residents have already volunteered, but not all blocks have a volunteer, thus some blocks will not be included in the benefits offered by the committee (new neighbor welcome basket, emails to update you on current issues/concerns in neighborhood, the new baby stork, our directory, etc...). In addition to being your new Secretary on the board I will be overseeing the Block Captain Committee with my faithful friend, neighbor and new Block Captain Chair Cassie Hearn. A special thanks to Cass for volunteering. Please feel free to contact Cassie at 281-256-4941, chearn002@houston.rr.com OR myself Jennifer Uherek at 281-213-3154, juherek@houston.rr.com. We are in the process of putting together an updated neighborhood directory and request your help by submitting your family's current information. Please complete the following information and either email or call Cass or Jennifer with this information A.S.A.P.:

HOMEOWNERS: \_\_\_\_\_

CHILDREN & AGES \_\_\_\_\_

ADDRESS \_\_\_\_\_

SECTION \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

HIS CELL \_\_\_\_\_

HER CELL \_\_\_\_\_

## Howdy Neighbors!

As your newly elected Board Secretary I wanted to express my thanks to all of you who took the time to listen and talk with me before elections and go out and vote, I hope to be a useful asset to our Board and Community as a whole.

A lot of CM residents have expressed concern regarding wanting to know more about what is going on across all of Cypress Mill, especially as we have grown to multiple sections now. In an effort to raise awareness of what's going on, limit inaccurate rumors and to provide a place for questions and answers, I am beginning a new column in our Messenger called: "JUST ASK JEN". Now I may not know the answers right away, but I will get them for you and publish them to the best of my abilities in our monthly newsletter. So today I begin with just a few of the questions I have already been asked:

### "JUST ASK JEN"

Q: Why wasn't my information published in this month's newsletter?

A: Any information that you would like in our newsletter must be submitted no later than the 10th of the month to, cypressmillmessenger@yahoo.com, and will then be included on the following month when the newsletters goes out (around the 10th).

Q: What's this I hear about our dues going up dramatically?

A: To those of you who saw a flyer on the mailboxes or heard the rumor that dues were going up dramatically, this was never the case. The board was actually considering the possibility of reducing fees, when "someone" (who knows who) posted these notices. Sad but true. Not to say that dues may never be increased, as there may be a need for this at times. Just remember, your Board members are each neighbors volunteering their time to aid in the betterment of our community, we want dues kept as low as is possible too. At the same time, keeping our neighborhood looking beautiful and feeling like a safe and sound community is of great importance.

Q: If we have a management company monitoring deed restriction compliance, why do I see homes with grass/weeds grown up, or other problems not being addressed?

A: Our management company representative drives through all sections of CM 1 time per month to note problems, there is an expectation that all of us as concerned residents of our community will either speak with our neighbors or call the management company and report any problems/concerns. A log is kept of all complaints and what has been done to rectify the problem. You may also contact any one of your board members with concerns.

Q: Why are some homeowners "getting away" with not paying their yearly dues?

A: It may look this way, but behind the scenes there are many steps being followed to assure that all residents are sharing the cost of supporting our neighborhood.

Q: Why has our landscaping looked so lousy for so long?

A: Priorities. Our HOA had debts to pay and landscaping landed lower on the priority list...great news...debts are paid and landscaping and irrigation are now a high priority. Keep an eye out for some nice improvements to come...and thank you to those who expressed concern.

That's all for now folks, keep those questions coming and don't forget we have a website where you can go to view our newsletter and all updates by the 1st of every month: [www.PEELinc.com](http://www.PEELinc.com).

**Rachael's**



*Keepsake*  
**ORNAMENT  
PREMIERE**  
*is July 14<sup>th</sup> & 15<sup>th</sup>*

**12312 Barker Cypress @ 290 • 281-256-9800**





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## ATTENTION Homeowners!

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Office: 281-213-6269

**281-733-0851**

Consider yours SOLD....by the Murray Team!!!!!!!!!!

### *May 2007 Report*

- **46 Active Properties in the Neighborhood**
- **9 Cypress Mill Properties SOLD in May!**



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**Countrywide**  
**CAN**

## 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	145
Burglary of Habitation	0
Burglary of Motor Vehicle	5
Theft from Habitation	0
Theft of Motor Vehicle	3
Robbery	0
Assault	1
Criminal Mischief	0
Disturbance - Family	8
Disturbance - Juvenile	5

## Petal Pushers (a.k.a. Cypress Mill Garden Club)

If you are interested in gardening, want to learn more about plants or just enjoy sharing gardening tips, and then be a part of the recently formed Petal Pushers. We are a group of residents; men and women, who get together once a month to share information, plants, seeds, advice, etc. on a variety of related topics.

We need you and your ideas; perhaps you have been a garden club member at a previous address, have a specific area of expertise or just plan to make your own yard more colorful.

The next meeting will be on Tuesday, July 17. Call Twyla at 281-256-3960 or Dena at 281-213-3363, email: denaloughlin@sbcglobal.net, for more details.

## Cypress Mill News

Interesting in the Neighborhood  
Petal Pushers (Garden Club) Meeting  
July 17th, Tuesday evening. Call Twyla 281-256-3960 or Dena at 281-213-3363, e-mail: denaloughlin@sbcglobal.net for more details.

Keenagers – (Over 50 Club) July 27th, Friday evening, Pot luck dinner, Italian night and game evening at the activity center, 6 PM

August 24th, Friday evening Pot dinner, Salads, breads and deserts and games. Same place same time.

For more information contact Carolyn – carolwatec@sbcglobal.net or 281-256-3480

Your article could be here. E-mail: cypressmillmessenger@yahoo.com

## REMINDER

Replacement access cards for the recreation center are \$5, additional cards are \$10. One card per family.

## Fitness Center Usage

No one under the age of 18 may use the facility.

*Pastor Mark  
and  
Laura Shook*



## *Building Strong Families* **Community of Faith**

16124 Becker Road at Hwy. 290 77447

Sat: 6:00 pm • Sun: 9:00 am and 11:00 am • 832.875.2520 • cofonline.org

# CYPRESS MILL

## REC CENTER HOURS

OPEN 7 DAYS A WEEK 5 AM - 10PM

### Administrative Office Hours

MONDAY ..... 12 - 5

TUESDAY ..... 12 - 5

WEDNESDAY ..... 9 - 2

SATURDAY ..... 9 - 2

Office telephone number: 281-213-3174 or

e-mail [carolyn.hoa@sbcglobal.net](mailto:carolyn.hoa@sbcglobal.net)

*If there is a day that I will not be there,  
it will be posted the week of that date.*

## Arts & Craft Show

### Mark Your Calendars

Copperfield Women's Club co-sponsored by Cy-Fair College will be having their Arts & Crafts Show - "Shop till You Drop", Saturday, September 15th from 9:00 AM to 4:00 PM. There will be approximately 85 booth spaces in several areas. Come see Awesome & Unique Homemade items. We will also have quality items from "Around the World". This event will take place at Cy-Fair College in the College Center at 9191 Barker Cypress Road. If you have questions, please call Dolores Nevares at (281) 463-3100 or e-mail her at [dnevares@swbell.net](mailto:dnevares@swbell.net) [dnevares@houston.rr.com](mailto:dnevares@houston.rr.com) for information.

So MARK that calendar - September 15th. The BEST CRAFT SHOW.

FOLLOW the SIGNS to GREAT GIFTS & shopping bargains!!!

## Garage Sales In Cypress Mill

Please remove all the garage sale signs after you have completed your sale. The signs make litter in the neighborhood. Let's all work on keeping Cypress Mill a place we are proud of.



## Newsletter Deadline

The deadline for the newsletters is the 9<sup>th</sup> of each month.

Please hand deliver articles to: Carolyn Hoffmann,  
281-213-3174 or e-mail [Cypressmillmessenger@yahoo.com](mailto:Cypressmillmessenger@yahoo.com)  
(please save electronic files in Word format)

## SELLING??

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Call me Today for a Free Home Market Analysis!**

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The Salesman Works For The Builder, Not You!  
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**Put My Powerful Negotiating Skills To Work For You.  
I Offer Great Buyer Incentives, Call Me For  
More Info. And No Cost Representation.**



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713-504-4874**

**RE/MAX  
West Houston**



**Need a lender?? Call Pam Rosario with Countrywide @ 832-233-3414.**



## Access To Fitness Room

The Cypress Mill Board is having a new lock system installed on the Fitness Room door. This is being done to secure your safety and to maintain the equipment in good condition. Everyone will need to fill out the form below, come to the office in the fitness room with your driver's license and your access pass. If the office is closed please put the form under the door. Your access pass will be reprogrammed. The old codes will no longer give you entrance to the fitness room.. The date of when we will go to the new system will be posted in the fitness room and on the Internet.

If you e-mail the information on this form to; carolyn.hoa@sbcglobal.net, it will speed up the process.

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

Point of contact in emergency \_\_\_\_\_

Home Tele # \_\_\_\_\_ Cell Tele # \_\_\_\_\_

All family members living at this address \_\_\_\_\_ Age

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

Copy of Driver's License here:

Signature of Resident \_\_\_\_\_ Admin Asst. Initial \_\_\_\_\_ Date \_\_\_\_\_

Five Digit Access Card # \_\_\_\_\_



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### INDEPENDENCE DAY

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# CYPRESS MILL

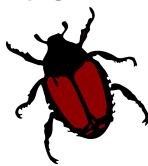
## Dance Clinic

The Cy-Woods Crimson Cadettes will be hosting their 2nd Annual Dance Clinic August 15, 16 and 17, 2007. This fun-filled three day event is open to all those entering kindergarten thru 12th grade in the upcoming school year. The clinic will be from 8:30 to 11:30 all three days, ending with Showoffs at 11:30 on Friday, August 17th where participants will be able to "showoff" the routine they learned during the clinic. Registration information is available thru the "Student Life" section of the Cy-Woods website which can be accessed thru [www.cfsd.net](http://www.cfsd.net). Registration forms are also available at the Cy-Woods High School front desk.

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## Cypress Assistance Ministries

11202 Huffmeister  
281-955-7684

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

Have your kids grown tired of their toys this summer? Angels' Attic's newly remodeled toy department is fully stocked with toys, puzzles, games, and books sure to please children of all ages. All proceeds from Angels' Attic Resale Shop support the ministry work and food pantry at CAM.

With kids home from school for the summer, donations of canned meats and snack foods of all types would be greatly appreciated.

Cypress Assistance Ministries (CAM), located at 11202 Huffmeister, exists to provide a safe place for individuals or families to tell their story and be offered some measure of hope during difficult times. For a description of all our services and volunteer opportunities, please see our Web site, [www.cypressassistanceministries.com](http://www.cypressassistanceministries.com)

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

If you need further information, please give us a call at 281-955-7684 and ask for Kelly or Lisa.



## FOOT & ANKLE Specialists

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

Serving Your Community for 18 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.  
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Member, American Academy  
of Podiatric Sports Medicine



Dr. Amy Walsh DPM  
Board Certified in  
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**Louetta Foot & Ankle Specialists**

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(between Champions Dr. & Champions Forrest Dr.)

**Tomball**

**281-351-5599**

13414 Medical Complex Dr., Ste. 9

## Grand Opening

of our newly located  
Dance Center in Fairfield!

Ballet • Tap • Jazz • Gym • Pointe • Hip Hop



Pointe of Grace  
SCHOOL OF DANCE

Registration on July 19<sup>th</sup> & July 26<sup>th</sup>  
from 4:00 till 6:30.

★ Fall classes begin Monday, August 6<sup>th</sup> ★

**281-256-3737**

Ages 2 1/2 and up • Competition Classes



Christian  
Dance Studio



**15201 Mason Road, Ste. #1100**

Located in Fairfield center in the space formally known as Curves.

## Howdy Party Kicks Off 2007-2008

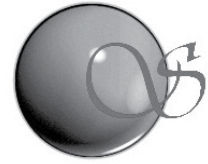
### Aggie Moms Club Activities

A new school year is right around the corner, and so is the annual Howdy Party for Aggie Moms, who support their students and Texas A&M throughout the year. The 2007-2008 kick off meeting for the Northwest Harris County Texas A&M University Mothers' Club is Wednesday, August 1st at 7 p.m. It will be held at Houston Distributing Company, Inc., 7100 High Life Drive, Houston, TX 77066.

Join the Aggie Yell leaders and A&M's mascot, Reveille, in welcoming mothers of new and returning Aggies. Enjoy fun, food, great door prizes, and opportunities to buy Aggie merchandise. Upcoming programs will be announced. The Northwest Harris County Aggie Moms club holds regular monthly meetings at the same location on the second Tuesday of the month at 7 p.m. beginning in September. During the months of June and July Summer Membership Mixers will be held at different member's homes in our area. For more information about the mixers or membership visit our website [www.nwhcaggiemoms.com](http://www.nwhcaggiemoms.com) or email Mishael Brown, Vice President of Membership at [JLMBrown@aol.com](mailto:JLMBrown@aol.com) or call her at 281.376.0995 or email Robin Galvin, President at [rcg@gbpllc.com](mailto:rcg@gbpllc.com). Come be a part of this great organization!!

## Cy Fair Dental. Com

### Dr. A. Sundrani



### Dental Tip of the Month.

Dear Friends,

As we all know, over time most teeth typically will lose their brightness and luster due to various factors. Staining of the teeth is very common and some individuals have a yellow or grayish color, but this does not necessarily mean that they are not healthy. There are two categories of dental stains, extrinsic and intrinsic. Extrinsic stains such as coffee, tea, and wines can be minimized by brushing twice a week with a mixture of equal amounts of baking soda and hydrogen peroxide. Also, regular visits with your dentist to remove the accumulation that is impossible to remove at home. The second kind of discoloration occurs during early tooth development. The contributing factors are antibiotics, excess fluoride, injury of a baby tooth, iron supplements, and high fever. Also habits such as grinding, brushing with a hard tooth brush, and biting into lemons can thin the enamel, causing the layer under it to show through. This makes the tooth appear a lot darker as the darker second layer of the tooth is a lot more visible.

Remember, if you feel as though your smile is not as white and bright as you would like it to be, only your dentist can determine the reasons and true causes behind it. There are several reasonable and effective procedures to whiten your smile and it starts with a visit to your dentist.

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

On the aside, we want to thank all our patients for referring us their friends, families, and neighbors. Only your referrals will enable us to continue to give the highest quality care with the personal touch that we provide.

Your dentist,  
Dr. Sundrani

[sundranids@yahoo.com](mailto:sundranids@yahoo.com)

**(281) 225-9906**

**Hwy 290 @ Barker Cypress Rd.**

(next to Pilgrim Cleaners)

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

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# CYPRESS MILL

## Wake up to MOPS @ The MET!

Register now and wake up to MOPS @ The MET on Friday mornings. MOPS @ The MET, Mother's of Preschoolers, offers 2 dynamic groups that meet either the 1st and 3rd Friday mornings or the 2nd and 4th Friday mornings from 9:15am – 11:45am. Childcare is provided with registration. MOPS is a program specifically designed to meet the need of mother's of preschoolers, newborn through kindergarten. You won't want to miss a Friday morning filled with scrumptious food, great door prizes, new friendships, encouragement, awesome speakers and a creative activity that even the most craft challenged gal can do! To find out more about MOPS go to [www.metmops.org](http://www.metmops.org)

**START SOMETHING**  
Register NOW for summer and fall classes

convenient payment plans ...  
weekend, evening and distance  
learning classes available

students who register for fall college  
credit courses by Aug. 2 will be  
entered in a drawing to win a free  
semester of tuition.

Check out the schedule online at  
[www.cy-faircollege.com](http://www.cy-faircollege.com)

  
**CY-FAIR COLLEGE**  
A NORTH HAVEN UNIVERSITY COMMUNITY COLLEGE  
**9191 Barker Cypress**  
**Cypress, Texas 77433**  
affirmative action/eoo college

## Keenagers

On Saturday, May 5th, eighteen of "The Keenagers" went to Galveston to take the Treasure Isle Tour Train and then went to the Strand. Had a great time, good weather, good food, great company. Our next trip is Saturday, June 30th. We will be going to the Houston Museum of Natural Science, Exhibit: Imperial Rome. In July, we will be going to see "Thoroughly Modern Millie." at the 1960 Playhouse. If you are interested in joining us on either trip, or would like more information on the "Keenagers" please call Debbie at 281-304-5111 or [debobjack@sbcglobal.net](mailto:debobjack@sbcglobal.net) or Theresa at 281-256-7810 or [texasterry51@sbcglobal.net](mailto:texasterry51@sbcglobal.net).

## Sign Up Now For The Rolling Fork Annual Craft Bazaar

Saturday November 3, 2007  
At the Rolling Fork Clubhouse  
9110 Rodney Ray Blvd.,  
9am To 3pm

Booth costs: \$30 (incl. Table and two chairs)

For more informatin or to sign up  
Call: carol bloomfield at 713-937-8259  
Sign up early and save \$10



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## Business Classifieds

**Do you love children? Could you use some extra money?**  
Fairfield Baptist Church is looking for paid nursery workers on Sunday mornings. If you are interested please contact Brigitte at [tinytown@fairfieldbaptist.com](mailto:tinytown@fairfieldbaptist.com). You must be 18 years or older.

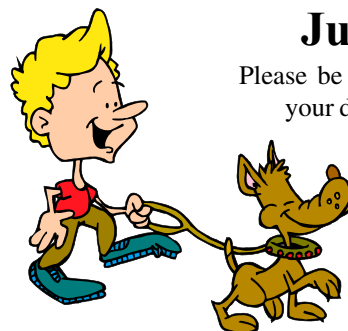
## Stork Report

Baby Girls--Emma Grace and Lauren Hope Orman  
Parents--Paul and Caralyn Orman  
Big sister--Kaitlyn Orman  
Born--April 17, 2007  
Time--Emma was born at 5:41am, Lauren was born at 5:50am  
Weight--Emma weighed 4lbs, 12oz; Lauren weighed 5lbs, 0oz  
At--Methodist Willowbrook Hospital



## Did You Know?

*It was once believed the Leaning Tower of Pisa lost its perpendicularity because a giant rested against it.*



## 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.



## Angels' Attic

Resale Shop

benefiting  
Cypress Assistance Ministries

**281-955-7683**

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

- Clothing
- Furniture
- Toys
- New Jewelry
- Housewares



**11202 Huffmeister**

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Tax Receipts Given

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## Let's Talk Real Estate



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OUT FRONT."**

3 CAR

 <b>SOLD!</b>	 <b>SOLD!</b>	 <b>SOLD!</b>
18127 Delta Estates Court 3/2/3 2168 sq.ft. \$169,900	17603 Thicket Hollow 3/2/2 1597 sq.ft. \$129,900	18119 Rose Hill Park 4/2.5/2 2510 sq.ft. \$159,900
 <b>SOLD!</b>	 <b>SOLD!</b>	 <b>SOLD!</b>
17615 Thicket Hollow 4/2.5/2 2295 sq.ft. \$148,900	14746 Arbor Trace Ct. 3/2/2 2402 sq.ft. \$159,900	18122 Courtly Estates Lane 4/2.5/2 2762 sq.ft. \$204,900

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

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# CYPRESS MILL

## Homeowner's Guide to Dealing with Service Companies

Oftentimes homeowners are forced to request service for problems which they have little understanding, i.e. Air Conditioning, Plumbing, Electricity or Appliances. Due to this lack of understanding, the homeowner attempts to obtain assurance by establishing a maximum price for service over the telephone. This approach could actually lead to more expense for the homeowner over the long run. Here are some points to consider.

1. If you don't understand how something should work it is highly unlikely that you will adequately describe the scope of the problem to the service company to cover all possible issues.
2. Most reputable service companies have the homeowner's best interest at heart and would not risk their business' reputation to secure a repair job.
3. Not all repair components are of the same quality. Seeking definitive pricing prior to a qualified assessment may lead to a "patch job" instead of a repair to satisfy price quotes.
4. Generally, the individual overseeing the phone is not a qualified repair technician. Attempting to confirm definitive pricing from the scheduling employees may be no more productive then asking your neighbor.
5. Be involved with your service technician. Reputable technicians want you to understand and appreciate their expertise. Ask questions, explore options and make an informed decision.
6. Make sure there is an employment contract between the technician and the company. Many companies use sub-contractors, which potentially compromise your rights and their obligations for liability.
7. Remember, it is not the technician's fault that you have to repair or replace a product. Don't shoot the messenger!
8. Make sure you understand warranties and representation. Reputable companies are upfront, thorough, and willing to provide written support of warranties. Ask about "hidden" preventative maintenance required to preserve warranties
9. Remember, most reputable companies will work to satisfy customers. Stuff happens! Work with companies to resolve issues.
10. It is generally a safe bet that you get what you pay for. There is a reason for discounted services as all companies intend to make a profit for their services.

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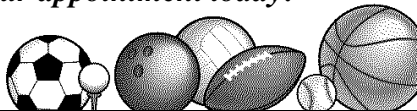
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## SALONS at STONE GATE

*Happy 4th of July  
from all of us at  
Salons at Stone Gate.*



**281-256-2204**

**Salons at Stone Gate**  
11734 Barker Cypress  
(One block south of Hwy 290)

Tues-Thurs 9AM - 7PM  
Fri 9AM - 5PM  
Sat 9AM-4PM

# CYPRESS MILL

**Not Available On-Line**

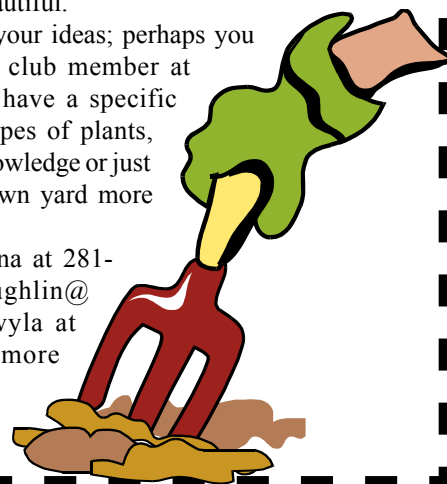
## Cypress Mill Garden Club

- Are you interested in gardening?
- Do you want to learn more about plants?
- Do you care about beautification of our neighborhood?

If the answer is "yes" to any of these questions, be a part of the new garden club for Cypress Mill. This will be an informal get-together, once a month, of residents interested in keeping our neighborhood beautiful.

We need you and your ideas; perhaps you have been a garden club member at a previous address, have a specific interest in certain types of plants, want to share your knowledge or just plan to make your own yard more colorful.

Please contact Dena at 281-213-3363 / [denaloughlin@sbcglobal.net](mailto:denaloughlin@sbcglobal.net) or Twyla at 281-256-3960, for more information.



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# CYPRESS MILL

## Volunteers

Would you like to volunteer your time occasionally? Do you have a special skill at planning parties? gardening? decorating? Are you a do-it-yourself handyman who would consider making minor repairs around the community? If so, think about putting your name on our volunteer list.

We have many seniors in the neighborhood that have made cookies and volunteered their time at the children's Easter and Christmas parties. We had a resident and her teenage son volunteer at the Easter party. By volunteering he was able to get a letter of thanks that will help with his resume' when he applies for college.

Volunteering not only makes you feel good you are also giving back to the neighborhood.

Interested parties should e-mail their names and telephone numbers to [swhitley6675@sbcglobal.net](mailto:swhitley6675@sbcglobal.net)



## 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.

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

\*Solution at [www.PEELinc.com](http://www.PEELinc.com) © 2006. Feature Exchange

## a super combo.

Enjoy recipes created by Martha Stewart's EVERYDAY FOOD experts and SUPER SUPPERS

Summer is here and there's a great reason to visit during the month of July! SUPER SUPPERS has joined forces with EVERYDAY FOOD to create a menu of delicious summer recipes – each developed in the renowned kitchens of Martha Stewart and SUPER SUPPERS. So, let us do the work for you and come by and enjoy these easy dishes. Just pack them up, take them home, and you'll have "homemade" meals in minutes.



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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.

	Dec 06	Jan 07	Feb 07	Mar 07	Apr 07	May 07
\$200,000 Above	0	1	0	0	0	0
\$180,000-199,999	0	1	0	0	2	2
\$150,000-179,999	2	2	2	4	3	3
\$120,000-149,999	2	5	7	7	7	4
\$100,000-119,999	0	1	0	0	1	1
\$100,000 Below	0	0	0	0	1	0
<b>TOTAL</b>	<b>4</b>	<b>10</b>	<b>9</b>	<b>11</b>	<b>14</b>	<b>10</b>
Highest \$/Sq Ft	73.87	80.67	73.13	80.40	85.71	82.36

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.
- Over 615 Homes SOLD in 2006
- Over 96% of David's Listings Result in a Sale

HIGHEST PRICE PER SQ.FT. resale homes sold in  
Cypress Mill: \$85.71

**RE/MAX**  
Professional Group  
832-478-1205

Direct line: **281-477-0345**

\*Ranked by the Houston Business Journal 3/2007

## Texas Events - July

6, 13, 20, 27—ROSENBERG: Hot Summer Concerts Features Ezra Charles & the Works on July 6, Let It Ride on July 13, Rob Darien & the Outside Dogs on July 20 and Phil Johnson & Rush Hour on July 27. Downtown Park. [www.visitrosenberg.com](http://www.visitrosenberg.com) 832/595-3525

7—BRAZORIA: River's End VFD Annual Fourth of July Community Fireworks Celebration 979/235-0010

7—BRAZORIA: Second Annual Fourth of July Boat Parade E-mail: [parade@sanbernardriver.com](mailto:parade@sanbernardriver.com) 979/964-4402

7—HARLINGEN: Jackson Street Market Days Hours are 9 a.m. to 4 p.m. Downtown. 956/423-4041

7—RICHMOND: George Ranch's Birthday George Ranch Historical Park. [www.georgeranch.org](http://www.georgeranch.org) 281/343-0218

7—ROCKPORT: Marsh Walk Goose Island State Park. 361/729-2858

7—WEST COLUMBIA: Miss Ima's Birthday Celebrate with cake and punch on the porch of Miss Ima's cottage. Varner-Hogg Plantation State Historic Site. 979/345-4656

7—WHARTON: Wharton County Farmers' Market Hours are 9 a.m. to noon. On the Courthouse Square. [www.whartoncountymarket.com](http://www.whartoncountymarket.com) 713/553-7882

7-8—ROCKPORT: Art Festival Juried fine arts event includes pottery, watercolor, woodcarving and more. Festival Grounds. E-mail: [rockart@sbcglobal.net](mailto:rockart@sbcglobal.net) 361/729-5519

7-8—ROSENBERG: Fort Bend County Antique & Collectible Market Fort Bend County Fairgrounds. E-mail: [info@cwgs.com](mailto:info@cwgs.com) • [www.cwgs.com](http://www.cwgs.com) 512/441-2828

7, 14, 21, 28—PASADENA: Armand Bayou Ranger 28-foot Pontoon Boat Experience Offers an informative and memorable aquatic safari. Reservations and advance payment required. [www.abnc.org](http://www.abnc.org) 281/474-2551

9—FULTON: Music at the Mansion Begins at 7 p.m. Fulton Mansion State Historic Site. 361/729-0386

11—SAN BENITO: El Segundo Weensdee Enjoy an oral history series on conjunto music. Begins at 7 p.m. The Narciso Martinez Cultural Arts Center. 956/361-0110

13-15—PORT ARANSAS: Outboard Fishing Tournament Robert's Point Park. 361/749-6211

13-18—HOUSTON: Beehive Begins at 8:15 p.m. Miller Outdoor Theatre. [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com) 281/373-3386

13-21—HOUSTON: Ringling Bros. and Barnum & Bailey Circus Reliant Stadium. [www.ringling.com](http://www.ringling.com) 832/667-1400

14—GALVESTON: Summer Fishing Fun Kids learn to fish in a fun, safe, kid-friendly environment through the TPWD Angler Education Program. Begins at 9 a.m. Galveston Island State Park. 409/737-1222

14—HOUSTON: ArtHouston 2007 Celebrates the diverse visual contribution that private galleries and their exhibiting artists give to the people of Houston year-round. Booker Lowe Gallery. [www.arthouston.com](http://www.arthouston.com) 713/522-9116

14—HOUSTON: Second Saturday of the Month Boat Cruise along Buffalo Bayou No reservations. [www.buffalobayou.org](http://www.buffalobayou.org) 713/752-0314 ext. 3

14-15—HARLINGEN: Super Rolling Thunder Series No. 3 Softball Tournament Begins at noon. Tom Wilson Youth Complex. 956/245-0264

14-Aug. 19—GALVESTON: Texas Juried Glass 2 Galveston Arts Center. [www.galvestonartscenter.org](http://www.galvestonartscenter.org) 409/763-2403

15—SANTA FE: Tommy Dardar Hours are 6:30 to 8:30 p.m. Haak Winery, 6310 Ave. T. [www.haakwine.com](http://www.haakwine.com) 409/925-1401

16-21—PASADENA: Children's Theater Workshop 4318 Allen Genoa Road. E-mail: [kreeddrama@sbcglobal.net](mailto:kreeddrama@sbcglobal.net) • [www.pasadenalittletheatre.org](http://www.pasadenalittletheatre.org) 713/941-1758

20-22, 27-29—HARLINGEN: Charlie & the Chocolate Factory Enjoy an off-the-wall tour of the world's greatest chocolate factory. Harlingen Performing Arts Theatre, 1209 Fair Park Blvd. 956/412-7529

21-22—PORT NECHES: Trade Days Port Neches Avenue. E-mail: [pncoc@swbell.net](mailto:pncoc@swbell.net) 409/722-4023

24-Aug. 5—GALVESTON: Big River Galveston Island Musicals Convention Center at the San Luis, 6300 Seawall Blvd. [www.galvestonmusicals.com](http://www.galvestonmusicals.com) 800/547-4697

26—PORT ISABEL: Oral History Program: Telling Our Stories Begins at 7 p.m. Treasures of the Gulf Museum. [www.portisabelmuseums.com](http://www.portisabelmuseums.com) 956/943-7602

26-28—CLUTE: Great Texas Mosquito Festival Features variety of contests, more than 75 vendors, carnival and headliner entertainment each evening. Clute Municipal Park. [www.mosquitofestival.com](http://www.mosquitofestival.com) 800/371-2971 or 979/265-8392

27—HOUSTON: Love's Labor's Lost Presents Shakespeare's great autumnal comedy. Miller Outdoor Theatre, Hermann Park. [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com) 281/373-3386

27-28—PORT ARANSAS: Blue Wave Owners Tournament Fishing tournament is held for Blue Wave boat owners. Robert's Point Park. [www.bluewaveboats.com](http://www.bluewaveboats.com) 800/432-6768 ext. 101

27-29—BAYTOWN: Titanic — The Musical Baytown Little Theater. 281/424-7617

27-29—BEAUMONT: Peddler Show Features a fashions, home furnishings, jewelry, personalized items, fragrant candles and much more. Ford Park. [www.fordparktx.com](http://www.fordparktx.com) 409/951-5400

28—BEAUMONT: Second Annual Orleans Street Jazz Festival Hear live jazz from hot musicians. Enjoy shopping, food, arts & crafts and more. 409/880-3788

28—HOUSTON: Romeo & Juliet Produced by the Houston Shakespeare Festival. Miller Outdoor Theatre. [www.milleroutdoortheatre.org](http://www.milleroutdoortheatre.org) 281/373-3386

28-29—SOUTH PADRE ISLAND: Beachcombers Fine Arts Show Convention Centre. [www.harlingenartforum.com](http://www.harlingenartforum.com) 956/330-8594

31—HOUSTON: Children's Hilltop Festival — The King's New Robes Miller Outdoor Theatre, Hermann Park. [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com) 281/373-3386

*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.*

# CYPRESS MILL

## Cartoon Corner



"You told him he was getting a bath, right?"

## Camp Hope Comes to Cypress

Messiah Lutheran Church is hosting three weeks of a Christian day camp called Camp Hope. The camp runs July 16-August 3; participants may sign up for one, two, or three weeks. Children in kindergarten through sixth grade are invited to attend. The campers have full days of crafts, stories, games, and songs. This is Messiah's eighth year to host Camp Hope; the counselors and small group leaders have received extensive training. The camp offers extended hours for working parents. The community is invited to share in this exciting program.



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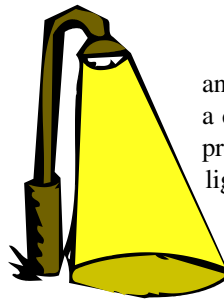
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## Bunco

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# Fit Facts™

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## Summer Skin

Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

### Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens. To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics, antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

### Creating a Barrier

When exercising outdoors on a hot, sunny day, light-weight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more

effective at blocking UV rays than say, a white T-shirt, which allows UV rays to reach the skin. Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

### Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or sweating.
- Don't skimp: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.–4 p.m. during Daylight Savings Time (9 a.m.–3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years.

*Source: American Academy of Dermatology*

### Start with the Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is

to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

### Everyone Needs a Little Sunlight

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

### What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).



# CYPRESS MILL

## Cy-Fair College, "Perspective"

New Student Orientation Sessions Set- Student orientations will be held from 8:30 a.m. to 3:30 p.m. (a boxed lunch is included) July 11, July 24 and Aug. 1 with a family orientation set 8:30 a.m. to 11 a.m. the same dates. An orientation for non-traditional adults returning to school will be held from 4:30 p.m. to 8:30 p.m. Aug. 8. All the orientation sessions will be held at the Barker Cypress campus at 9191 Barker Cypress Road at West Road. All sessions are free, but space is limited and pre-registration is required.

Check out the New Summer Reading Program for Adults- The Harris County Public Library has teamed up with Barnes and Nobles to host a summer reading program for adults ages 18 and older titled Reading – The Ultimate Vacation. Program participants will be eligible to win Barnes and Noble gift cards just by reading or listening to three books this summer. In August, each branch, including the Cy-Fair College Branch Library, will draw a winner for a \$20 gift card and HCPL will draw a winner from all participants for a \$150 gift card.

Ever Thought About a New Career in Teaching?- Cy-Fair College will host an information session on two teaching programs Tuesday, July 10 on the Barker Cypress campus in the Conference Center. The session will start at 5 p.m. and will cover information on the Associate of Arts in Teaching degree program, in which participants can earn a University of Houston bachelor's degree while taking classes on the Cy-Fair College campus. Then at 6 p.m., learn how to enter the teaching profession through the Alternative Certification Program.

Save the Date for Children's Summer Show- Mark your calendars for the children's summer production of 'Tite Rouge, a charming and rollicking retelling of Little Red Riding Hood set at 10 a.m. Mondays through Fridays and noon Saturdays Aug. 6 – Aug. 18.

L.I.F.E. in July is Interactive- The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) July programs include "Ask Precinct 3 County Commissioner Steve Radack Anything" July 11, "Show and Tell" about your hobby, pastime or book July 18 and "There's a Doctor in the House" July 25. (There is no program July 4.)

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### Dawn Fore's Cypress Mill Market Report

Neighborhood	1 <sup>st</sup> Quarter 2007			Current	
	Sold	\$ per SqFt	DOM	Avail	Pending
Cypress Mill Sec 1	1	\$72.63	21	1	1
Cypress Mill Sec 2	3	\$59.76	48	2	1
Cypress Mill Sec 3	1	\$56.76	19	5	2
Cypress Mill Park Sec 1	1	\$69.41	24	0	1
Cypress Mill Park Sec 2	4	\$66.64	90	7	0
Cypress Mill Park Sec 3	3	\$69.43	109	2	0
Cypress Mill Park Sec 4	8	\$71.45	63	3	0
Cypress Mill Park Sec 5	2	\$66.83	79	0	0
Cypress Mill Estates 1	5	\$70.45	57	7	0
Cypress Mill Estates 2	2	\$70.78	68	3	1
Cypress Mill Estates 3	0	-	-	3	2
Cypress Mill Estates 4	0	-	-	1	0

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