

June 2008

# CYPRESS MILL MESSENGER

Volume 8, Issue 6

Official Newsletter

## YARDS OF THE MONTH



14514 Huntmont Dr.



14606 Bladenboro Dr.



14702 Emerald Cypress Ln.



14706 Arbor Trace Ct.



18615 Mosshill Est Ln.

***Five homes are selected for Yard of the Month. First we need to be able to read your house numbers. At some homes the shrubs are covering the numbers. Please check to see that they can be easily read. This could be a problem if the rescue squad or fire department needs to find your home in an emergency. Once we can read the number, we look for a well groomed yard and color. To be considered for YOM all HOA dues must be paid in full.***

## Neighborhood Apathy

On April 23, 2008, an election of Homeowner Association board members was called. A quorum of homeowners is needed for the election to be properly conducted. Principal Management sent out notices of this meeting along with proxies for those who could not attend. A room was rented at the school for this election thinking enough residents would respond. Unfortunately, out of 1520 homes in this neighborhood a quorum could not be met to hold this election. Less than 100 residents attended the meeting and not enough proxies were received to conduct the election.

The board and the management company is responsible for seeing that the neighborhood needs are met. The fence issue is one that is going to affect each and other resident of the neighborhood but not enough residents cared enough to attend the meeting or send a proxy to PMG. This sends the message to the board to do whatever you think is best, you don't need our input. This is a very dangerous mindset. The board sets maintenance fees for the neighborhood - each and every one of you is touched by decisions the board makes. I strongly recommend that each and every resident make a concerted effort to attend open board meetings. This is your neighborhood .... take interest in what happens here.

Another board meeting for elections was set for May 28, 2008, before you read this article. I hope that we have a quorum for these meeting. Each time PMG sends out notices to residents regarding board meetings or other meetings it costs the association over \$900. Room rental, in hopes that a large number of residents will attend, costs an additional \$80-\$90. Let's not waste our money but use it for things that would be of benefit to the neighborhood.

Shirley Whitley

# CYPRESS MILL

## Resident Board Members

*The Board Members are volunteers, elected by the residents of Cypress Mill. They are working for the well being of our community. Please consider that they have families also and respect their time and privacy.*

### President

Shirley Whitley .....swhitley6675@sbcglobal.net

### Vice President

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

### Secretary

Jennifer Uherek .....juherek@comcast.net, 281-213-3154

### Treasurer

Robert Lilienthal ..... paulalili@sbcglobal.net

### Director

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

## Cypress Mill Contacts

### Block Captain Committee

Cassy Hearn ..... Chearn002@comcast.net , 281-256-4941

### 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 - Principal 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, 888-687-6444

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

Principal Management – Amanda Jensen ..... 281-367-8137

Robison Elementary .....281-213-1700

Southwestern Bell .....800-246-8464

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

Street Light Outages .....713-207-2222

Time Warner Cable .....713-462-9000

Waste Corporation of America (WCA)..... 281-368-8397

## 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.

**Principal 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)**

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Paula Wood-Herber, DDS  
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# CYPRESS MILL

## Block Captains

Street	Block Capt	Phone #			
Arbormont Dr.	Shelia Wiggs	281-304-0245	Rosehill Estates Ln.	Ronnie J. Kallus	281-304-1246
Arbor Trace Ct.			Rose Hill Park Ln.	Bill & Elizabeth Brown	281-373-3118
Aster Estates Ln.	Kari Joyner	832-797-0380	Rosemont Estates Ln.	Annabelle Martinez	281-213-9079
Auburn Woods Dr.	Herb Hays	281-373-4078	Spring Walk Ln.	Sharon Strasburg	281-304-1382
Autumn Glen Ct.	Courtney Hicks	281-213-3182	Sweetstone Estates Ct	Michelle O'Keane	281-304-8188
Begonia Estates Ct.	Diana Pretus	281 330-8251	Thicket Hollow	Sheri Pivonka	281-658-2161
Bladenboro (Park I)	Dawn Shirley	281-373-4892	Thornbluff Ct.		
Calacaterra Ct.			Timber Cliff Ct.		
Camellia Estates Ln.	Jennifer M. Klawinski	281-381-2987	Timber Cliff Ln.		
Carriage Crossing Ln.			Trellis Estates Ct.		
Cascade Bend Lane	Fernando Aguirre	281-373-0186	Valley Stone Ct.	Rhonda & David Bubenik	
Chapel Cove Ct.			Water Mill Dr.	Gilbert Tovar	832-922-1865
Cinderwood Dr	Amy Arthur	281-304-1999	Wild Ivy Ct.		
Cobblestone Dr.			Windwood Park Ln.	Gail Norris	281-256-9859
Country Rose			Wisteria Estates Lane	Matt Buss	281-304-9321
Courtly Estates Ln.	Richard & Theresa Brutka	281-256-7810	Woodcypress Ln.		
Creekmill Ct.			Wooded Glen Ct.		
Cross Stone Ct.					
Cypress Cottage Ct.					
Cypress Meade Ct.					
Cypress Meade Ln.					
Cypressmill Ct.					
Cypress Orchard	Debbie Deleon	832-289-6580			
Cypress Ridge Grove	Sheri Lyn Klein	281-373-3674			
Cypress Stone Ln.	Sharon Covington	281-851-3484			
Cypress Valley Ln.					
Delta Estates Ct.	Michelle Peting	281-304-8894			
Emerald Cypress Ct.					
Emerald Cypress Ln.	Jennifer Patterson	281-256-8221			
Emerald Moss	Sue Zahn Lucas	832-687-5778			
Enola Dr.	Tina Bunn				
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	281-256-4941			
Harmony Estates	Andrea Anderson	281-256-8515			
Harnett Dr.	Tina Bunn				
Harvest Chase Ct.					
Hazy Ridge Lane	Amy Merrill	281-256-6449			
Heathcrest Ct.					
Hollow Branch Ct.	Jacqui Williams	281-304-8006			
Huntmont (Park I)					
Huntmont Street (Place)					
Laurus Estates Ln.	Kellie Berger	281-304-1910			
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)					
Palos Park Dr.					
Palos Place Pl.					
Park Arbor Ct.	Lauren Gaspard	281-373-9966			
Pebble Meadow Ct.	Gina Williams	281-373-4427			
Plains River Dr.	Geneva Fritch	281-304-1255			
Pinson Dr.	Debbie Brown	281-256-1875			
Rochelle Ct.	Jen Malota	281-213-3778			

**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 Cassy Hearn if you would like to volunteer or if you have any questions about the responsibilities of a block captain at 281-256-4941 or [chearn002@comcast.net](mailto:chearn002@comcast.net). **If your street does not have a block captain and you have an issue on your street you would like to bring to our attention please send me an e-mail.**

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# CYPRESS MILL

## FROM THE BOARD:

### ***FITNESS ROOM***

Please make sure that you read and understand the posted rules in the fitness room. Children under the age of 17 are not permitted in the fitness room for any reason - with or without parents. This is a liability issue. If your underage child is caught in the fitness room your card will be suspended for a period of not less than 60 days.

### ***GARBAGE CANS***

Every week I receive calls from residents upset that their neighbors have put out their garbage on Saturday or Sunday mornings. These residents should be upset. This is against our deed restrictions and puts our neighborhood in a bad light when visitors come through. I personally go and check each call that I get and inform PMG of what I see. If your neighbor has this lack of caring for the looks of our neighborhood take a digital picture and send it the PMG. Without evidence we cannot do anything about this. We need proof that this is happening before a letter can be mailed to the offender.

Please, take your garbage cans and put them out of view after the garbage is picked up. If you do not have space for a garbage can in your garage use plastic bags to put out the garbage. This way residents do not have to look at unsightly cans lining the streets for several days after pickup or during the week in front of the garage door.

### ***WHAT'S GOING ON***

The pools are now open weekends and will be open soon when school is out.

### ***CYPRESSWOOD POOL AREA***

The Cypresswood pool has been resurfaced and is looking good. The basketball and tennis courts are being resurfaced and other upkeep is being performed in this area. Enjoy these areas and keep them clean for all to enjoy.

## More neighborhood beautification:

### ***Texas Lone Star Garden***

You may have noticed a new star-shaped flower bed in the area in front of the Rec Center. This is the newly created Texas Lone Star Garden, created in collaboration with Lone Star College/Barker Cypress, Hi Tech Lawn Services and the Cypress Mill Park Garden Club.

Clay White, Biology Professor from Lone Star College, Barker/Cypress campus, created the design for a native Texas flower garden for our neighborhood and Tim Sebesta, Dept. Chair of Life Sciences, spearheaded the project to conclusion. Clay and Tim supervised a group of students who volunteered their time to build our new "Texas Lone Star" Garden which will highlight a variety of flowering native plants in red, white and blue surrounding a Flaming Sumac tree.

Our neighborhood Garden Club donated the plants and tree, Brady Reid from Hi Tech Lawn donated soil and mulch needed for the flower bed, and Lone Star College staff and students donated their time and muscle for this joint community service project.



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## Dental Tip of the Month

### Should I get my wisdom teeth removed?

Dear Friends,

It is always a dilemma whether to remove your wisdom teeth or not.

Over the evolutionary process, our jaws have become smaller over time, thus leaving less space for the 3rd molars to erupt normally. In addition, most of our diet isn't as rough as it once was, thus we don't lose teeth as early or wear them out as much as once before. As a result, we don't need extra molars for the long run.

I would advise against removal of your wisdom teeth

- If the teeth are buried under the gums in normal positions.
- If the teeth have fully erupted in normal positions.
- If you are older than 22 years of age. The risks and chance of complications get greater as you get older.

Keep in mind, these above recommendations are not steadfast and are applied on a case by case basis.

In my practice I advise removal of wisdom teeth due to them being very hard to access with a toothbrush or floss. This often results in decay and deterioration of the gums, causing periodontitis. Infections can also result, leading to a lot of pain and suffering. A horizontally impacted tooth or a crooked tooth can lead to some adjacent tooth movement or root movement. Most orthodontists recommend removal of wisdom teeth to prevent shifting of the front teeth.

It is not an easy decision to go ahead with the wisdom teeth surgery. Consult your dentist for their advice.

If you have any questions, feel free to email me at [sundranids@yahoo.com](mailto:sundranids@yahoo.com).

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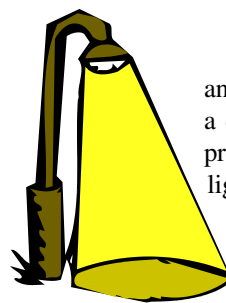
## Volunteers of The Month

We feel very fortunate to have residents that are always there to help out when they see the need. They don't even have to be asked.

This month Jason Hamilton assisted with his expertise in repairing the air conditioner for us in the activity room. A group of ladies were very happy to have the air on for their meeting that evening.

Another good neighbor is Charles Casillas. A regular in the fitness room is always right there with a helping hand and donations to the fitness center.

Thank you all for your assistance and helping to make Cypress Mills a good place to live and raise our families.



### Street Light Out?

"Have you noticed a street light out? You can report it to CenterPoint Energy 24 hours a day at 713-207-2222. Choose a language preference and then select option "4" for street light outages.

Please provide the street light's six digit number located approximately 5 feet up the pole. Also the street name and address are helpful.

## **STRONG Vision Center** **281-373-3063**

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Cypress Resident

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## CYPRESS HILL M.U.D. #1 CONSTABLE PATROL STATISTICS

*April 2008 Results*

Tickets	278
Burglary of a Habitation	6
Burglary of a Motor Vehicle	2
Theft from a Habitation	1
Theft of Motor Vehicle	0
Robbery	0
Assault	1
Criminal Mischief	2
Disturbance – Family	5
Disturbance – Juvenile	8
Disturbances – Other	55
Other Calls	60

*Report reflects areas of: Cypress Mill, Sydney Harbor, Cypress Ridge, Wal-Mart, Cypress Mill Commercial, Cypress Landing*

## Cypress Assistance Ministries School Supplies Needed

*11202 Huffmeister*

*281-955-7684*

*www.cypressassistance.org*

Families of hundreds of school-aged children in the Cypress/ Northwest Houston area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget. Your donations of the following would be greatly appreciated:

- pocket folders with brads
  - washable markers
  - large & small packages manila paper
  - large & small packages construction paper
  - pencil boxes
  - scissors and rulers
  - new socks and underwear in all sizes
- For the Food Pantry, donations of the following will help families with children home for the summer:
- peanut butter & jelly
  - Sweetened Drink Mixes
  - Spaghetti Os
  - Snack Foods
  - Canned Meats
  - Powdered milk
  - Diapers – all sizes

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

For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, [www.cypressassistance.org](http://www.cypressassistance.org)

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Restaurant **Sun-Thu: 11 a.m. - 9 p.m.**  
Hours: **Fri - Sat: 11 a.m. - 10:30 p.m.**

## 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.



**Carol L Brown**

*Certified Public Accountant*



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*Carolbrowncpa@sbcglobal.net*

# CYPRESS MILL

## Lone Star College-CyFair "Perspective"

Summer Fun in Gallery and on Stage: The Bosque Gallery presents "Someone Else - Portrait Exhibition" June 17 through July 3. Meet the artists at a 4 p.m. to 7 p.m. reception June 19. This exhibition is considered "open-call" so there were no restrictions on age, medium or experience level. For information, go to [CyFair.LoneStar.edu/bosquegallery](http://CyFair.LoneStar.edu/bosquegallery). Don't miss this year's children's shows "Thaddeus and 'Tila" June 18 through July 25 and "Go, Dog. Go!" Aug. 4 through Aug. 15. Then bring the family for Elton John and Tim Rice's "Aida" July 17 through July 27. For tickets and information call 281-290-5201 or go to [CyFair.LoneStar.edu/boxoffice](http://CyFair.LoneStar.edu/boxoffice).

Free New Student Orientation and Family Orientations! Incoming new students and their family members will receive campus tours and learn about academic and student life. Choose among full-day and half day programs that also include My Records training, advising presentation and class registration, or mini orientation programs

that include student panel, student activities information and a question and answer session. Programs are available in June, July and August. Register at [CyFair.LoneStar.edu/orientation](http://CyFair.LoneStar.edu/orientation).

Library Offers Something for Everyone this Summer: The Harris County Public Library Lone Star College-CyFair Branch offers Summer Reading Program for children and adults. The library also offers free computer workshops, including new Undercover Librarian workshop. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are available including mystery, women of the world and sports page. There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to [CyFair.LoneStar.edu/library](http://CyFair.LoneStar.edu/library) for information.

### Are you a scrapbooker?

Would you like a weekend away to crop without interruptions?

I am hosting a Scrapbook Retreat in Round Top, TX on July 11-13th. It is in a beautiful, peaceful setting in the country with a group of Christian ladies who all share a passion for scrapbooking. If you would like some information about the retreat please contact me -Debora Fisher - [Deb86ag@aol.com](mailto:Deb86ag@aol.com) or 281-304-7722. I live in the Estates section at 14319 Rosehill Estates Lane. I look forward to making some new friends in our neighborhood and others who share my same passion. CROP TILL YOU DROP!!



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## HOUSTON PREMIUM OUTLETS

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## Cypress-Fairbanks ISD Honors Volunteer Award Winners

Cypress-Fairbanks Independent School District honored its district and state volunteer award winners during a Volunteer Appreciation Month ceremony on April 24. The award winners were nominated by various schools in the district at which the volunteers donate their time and were anonymously judged by a panel of school district employees and business partners. These extraordinary men and women were first selected as our district award winners and then competed against others in their categories from large districts at the state level, and each of them were honored with the state's highest awards as well. The state award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin at the State Awards Dinner on January 29th.

The award winners were as follows:

Outstanding Senior Volunteer: Mr. Robert Zemcik – State Crystal Award Winner; Outstanding Adult Volunteer: Ms Lisa Underwood – State Crystal Award Winner; Community Partnership: Cy-Fair Houston Chamber of Commerce – State Crystal Award Winner; Local Business Partnership: Mr. Ed Station of Station & Ayers Insurance – State Crystal Award Winner; Medium Business Partnership: Cy-Fair Federal Credit Union – State Crystal Award Winner; Small Business Partnership: Credit Union Acceptance – State Gold Award Winner.

The district congratulates these distinguished individuals and businesses for their awards and accomplishments and thanks them

for their devoted service to the students who attend our schools. And to every volunteer in our district, we celebrate each of you for the service you provide our students and staff all throughout the year.

Pictured above from left: Reginald Lillie, Chairman of the Board of the Cy-Fair Houston Chamber of Commerce; Ms. Audrey Ayers and Mr. Ed Station of Station & Ayers Insurance Services; Leslie Martone from the Cy-Fair Credit Union; Pam Wells, CFISD Associate Superintendent for General Administration; Erin Al-Salman, President of the Cy-Fair Houston Chamber of Commerce; Barbara Johnson, Media Specialist at Emmott Elementary School; Lisa Underwood; and Pam Scott, CFISD Director of Partners in Education.



*Pictured above from left: Reginald Lillie, Chairman of the Board of the Cy-Fair Houston Chamber of Commerce; Ms. Audrey Ayers and Mr. Ed Station of Station & Ayers Insurance Services; Leslie Martone from the Cy-Fair Credit Union; Pam Wells, CFISD Associate Superintendent for General Administration; Erin Al-Salman, President of the Cy-Fair Houston Chamber of Commerce; Barbara Johnson, Media Specialist at Emmott Elementary School; Lisa Underwood; and Pam Scott, CFISD Director of Partners in Education.*

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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 [switley6675@sbcglobal.net](mailto:switley6675@sbcglobal.net)



## BIBLE STUDY

### Aloha from Outrigger Island!

Join the Jersey Village Baptist Church VBS fun as we grab our surfboards and learn to ride the waves of God's truth. All children ages 4 (as of September 1, 2007) - 5th Grade are invited to attend. VBS is June 16-20 from 9 am to 12 pm daily and is a FREE event. Register online at [www.jvbc.org](http://www.jvbc.org). Jersey Village Baptist Church; 16518 Jersey Drive; Houston, TX 77040; 713-466-6102. For more information, contact Elaine Pendergrass ([ependergrass@jvbc.org](mailto:ependergrass@jvbc.org)).

### Wildcats Right After Prom

WRAP is Cy Woods High School's chemical and drug free party to be held right after prom. This newly formed organization has started meeting to plan the event for the class of 2009. Please join us!! Start earning WRAP Bucks for your student! Website under construction at [www.cywoodswrap.org](http://www.cywoodswrap.org)

General Meetings:

May 13th - 6:00 pm - Cy Woods High School Commons

June 10th - 7:00 pm - Cy Woods High School Commons

July 8th - 7:00 pm - Cy Woods High School Commons



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Why not try out MOMS Club of Cypress-North! We are a chapter of the International MOMS Club, which is a national, non-profit organization that gives at-home mothers the opportunity to share activities and discussions with other mothers and their children. Activities are held during the day, when at-home mothers need support and interaction the most. Children are always welcome. We also organize community service projects throughout the year.

Our members are moms of various ages and backgrounds with kids of all ages (newborn to high school age).

Our business meeting are held the 2nd Thursday of every month. If you are interested or would like more information, please visit our web site at [www.geocities.com/momclubcypressn](http://www.geocities.com/momclubcypressn) or contact Anabel Lenox, Membership VP, at 281-373-3252 or [aklenox@gmail.com](mailto:aklenox@gmail.com), or Gina Garnett, President, at 281-256-3995 ([gkgarnett@sbcglobal.net](mailto:gkgarnett@sbcglobal.net)) for location, directions, or any questions.

We are happily welcoming new moms at each meeting. Hope to see you there!

## Advertising Information

Please support the businesses that advertise in the Messenger. Their advertising dollars make it possible for all Cypress Mill residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444, [advertising@PEELinc.com](mailto:advertising@PEELinc.com)

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## A Hyperactive Nightmare on Two Legs – Does This Sound Like Your Child?

*Submitted by: Jeannette Quickenden S.A.C. Dip, MIGHT, AADP*

Screaming fits, temper tantrums, hyperactive, letters home from school, lack of focus, antisocial and unacceptable behavior. Is your child? I so understand your situation. My young daughter can be a big pain depending on what she has consumed.

There could be a very simple solution to these behavioral issues. It is now widely accepted that food additives and delayed patterns of food allergies play an important role in causing learning and behavioral problems both in children and adults. A huge number of convenience foods contain a number of preservatives and colorants that have an adverse effect on some individuals, especially the young.

So what's the answer? Some suggest you cut out a whole range of foods and drinks such as all dairy products, yellow foods, junk food, all food with colorants, fried foods, soda and fruit juices for 2 weeks. You will then need to slowly reintroduce each of them and monitor any behavioral differences, but I know if I did this, my little one would be packing her bags and moving in with the neighbors.

I suggest the first step is to keep a food and behavior diary with time lines for 2 weeks to allow you to monitor what is drunk and eaten along with any personality changes. If you see a link between certain foods or drinks with a change in behavior, check all the ingredients and see if there is a common theme, then avoid,

to a degree, foods containing those ingredients. It would be a bit harsh saying your child can't eat birthday cake because of all the colorants, but you can do as I do and just think ahead and be prepared for the fallout.

Although every one is different the most common causes of food intolerance are colorants such as sunset yellow (E110), carmoisine (E122), tartrazine (E102), allura red (E129) and also products such as soda's, energy drinks and even those 'healthy' fruit drinks that contain lots of sugar.

Although it's hard it is to limit their favorite foods, it helps if once you have discover what might be affecting them try a similar alternative to their favorite munchie, but without those problem additives. Whilst this maybe time consuming it can be done. You will then need to educate them to avoid the 'bad' foods. If you are a busy parent or just need some help to put you in the right direction it is worth contacting diet and nutrition specialists. They can help by analyzing the diet and then going on a super market run with you to work out the 'good options'.

Now as the first option in fighting behavioral problems many parents and individuals are looking at what is consumed rather than opting for drugs as the only solution.

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## June Landscaping

*Submitted by Ron Kerwin*

Make Father HAPPY; give him a lawn service covering the HOT summer months as a gift he will REALLY appreciate!! We'd be glad to help.

It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. IF you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water-soluble fertilizer. Try to use filtered or distilled water for these plants and baskets to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended.

Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, euonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.



## Fairfield • Athletic • Club

### Preschool

### OPEN REGISTRATION for 2008-2009 school year.

*Our state licensed preschool program is for children age three as of September 1 through Pre-K.*

*We offer classes from 9:15a.m. to 2:15p.m. Monday thru Friday.*

*Please call 281-373-0834.*

### Fairfield Preschool Coupon

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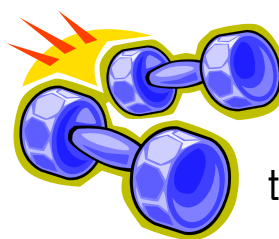
**Preschool Registration Fee**

**Good for the 2008-2009 school year**

\*applies to new students to our program, must be presented at initial enrollment.

## Fairfield Summer Camp open registration!

We offer camp for children who have completed Kindergarten through incoming fifth graders. Summer Camp is offered on a weekly sign up basis.



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# CYPRESS MILL



## Meet Jennifer

DOB 2001

Too many kids start out life without being loved or nurtured. It often takes a while for these kids to learn to trust, to learn to open up and to get out of survival mode. Jennifer is a little girl in need of some one on one attention. Almost 7 years old, she loves to play in the dirt, ride her bike and catch frogs. She also enjoys watching cartoons, playing t-ball and taking baths. Jennifer is currently in kindergarten and she is working on learning how to write her name and read. She's always on the move and requires constant supervision. Jennifer is shy but she can also be very loving and affectionate. She craves individual attention and can be competitive with younger children for her caregiver's attention. Jennifer participates in therapy on a regular basis and is working on her social skills.

Jennifer needs to learn boundaries from a family with patience -- someone willing to let her develop and blossom in her own time.

For more information about becoming a foster or adoptive parent, please contact Tracy Eilers at [tracyeilers@adopttexas.org](mailto:tracyeilers@adopttexas.org).

*The picture is courtesy of Lucy Durfee, The Heart Gallery of Central Texas.*

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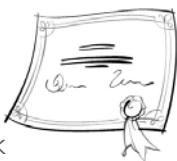
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TUESDAY ..... 12 - 5

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.*



## 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.

## Recipe of the Month:



### Oatmeal Cookies

- |                   |                    |
|-------------------|--------------------|
| 1 cup shortening  | 1 tsp. vanilla     |
| 1 cup brown sugar | 1 tsp. salt        |
| 1 cup white sugar | 1 tsp. soda        |
| 2 eggs            | ½ cup chopped nuts |
| 3 cups quick oats | 1½ cup flour       |

Cream shortening, sugars, eggs, and vanilla. Add dry ingredients and nuts. Chill. Shape into walnut size balls. Roll in sugar and cinnamon mixture. Bake at 350° for 10 minutes.

*If you would like to submit YOUR recipe  
email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

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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.

	Nov 07	Dec 07	Jan 08	Feb 08	Mar 08	Apr 08
\$200,000 +	0	0	0	1	0	0
\$180,000 - 199,999	2	2	0	1	1	0
\$160,000 - 179,999	2	1	0	0	1	1
\$140,000 - 159,999	1	0	1	5	0	3
\$120,000 - 139,999	3	5	0	4	3	5
\$120,000 -	0	1	2	3	0	0
<b>TOTAL</b>	<b>8</b>	<b>9</b>	<b>3</b>	<b>14</b>	<b>5</b>	<b>9</b>
<b>Highest \$/Sq Ft</b>	<b>82.20</b>	<b>78.29</b>	<b>71.63</b>	<b>82.32</b>	<b>70.82</b>	<b>76.07</b>

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

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\*Realtor Teams per Remax 9/2007

# CYPRESS MILL

## NEIGHBORHOOD REMINDERS

### *Pool Tags*

If you have not already brought your pool tags in to the recreation center for validation, please contact Carolyn at 281-213-3174 and make an appointment with her. Your pool tags must be validated before you can enjoy the pool.

### *Pool Hours*

The pools will be open weekends beginning May 3rd - May 25th. Hours will be 12:00 p.m. though 8:00 p.m.

### *HOA Maintenance Fees*

Maintenance fees are past due. Please mail your payment in as soon as possible if you have not already done so. Our maintenance fees pay for street lights, landscaping, upkeep of the pool, and other upkeep of our neighborhood.

### *Good Neighbor*

Please be a good neighbor and do not put your trash out before Monday or Thursday mornings. The sight of garbage cans along the streets before these times is unsightly and takes away from the value of our homes. Prospective buyers in the neighborhood look at this eyesore as being a deterrent to buying a home in our community. Also, once the trash has been picked up remove your can to the garage or another place out of sight of the public.

### *Neighborhood Garage Sale*

Our next neighborhood garage sale is May 17th. An ad will be placed in both the Sun and the Houston Chronicle. Good luck.

## Stork Report

*It's a Baby Boy for the Sullivan Family*

Parents: Kevin and Jennifer Sullivan

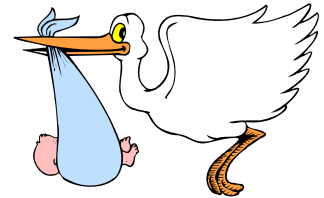
Baby Boy: Ross William Sullivan

Born November 30, 2007

Weight: 6 lbs 10 oz

Height: 19"

Very proud sisters: Raegan and Riley



*Are you or your neighbor expecting a baby?*

*We will announce the baby's arrival in our monthly newsletter. You can use the Boy or Girl Stork for your front yard to let your neighbors know of your new addition to the family. Contact Carolyn, at 281-213-3174 or e-mail [cypressmillmessenger@yahoo.com](mailto:cypressmillmessenger@yahoo.com) for announcements.*

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## 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.

\*See solution at PEEInc.com

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

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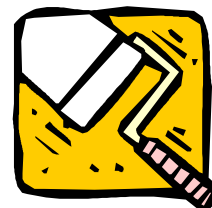
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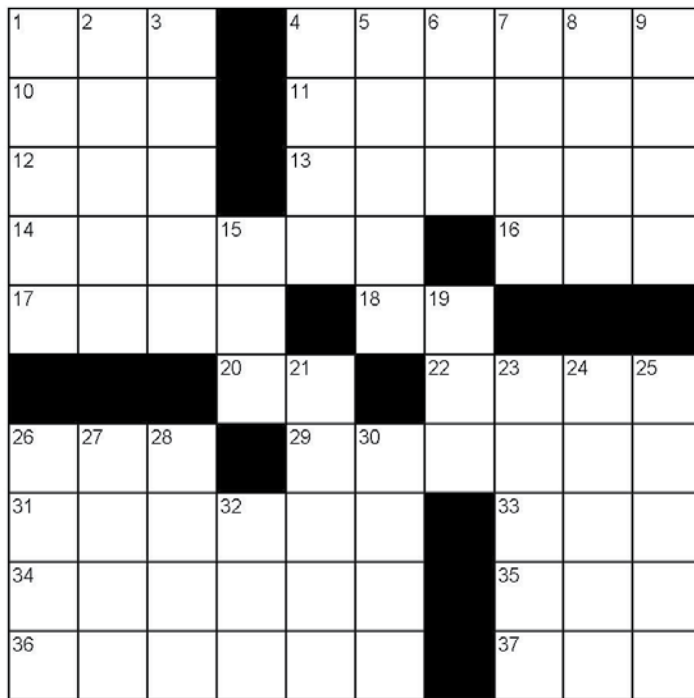
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# CYPRESS MILL

## Crossword Puzzle



*\*Solutions can be found online at [www.PEELinc.com](http://www.PEELinc.com)*

### ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

### DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Sego lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

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## The Foot Wellness Center



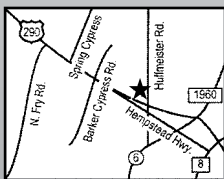
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4/2.5/2, 3391 SqFt, \$299,900



19814 Black Cherry Bend Ct,  
3/2/2, 1670 SqFt, \$132,900



14522 Chestnut Falls,  
3/2/2, 1910 SqFt, \$165,000



21310 Heartwood Oak Trail,  
4/3.5/2+, 3660 SqFt, \$335,000



16223 Lavender Creek Ct,  
3/2.5/2, 2424 SqFt, \$164,999

### Dawn Fore's Cypress Mill Market Report

Neighborhood	3 <sup>rd</sup> Quarter 2007			Current	
Cypress Mill	Sold	\$ per SqFt	DOM	Avail	Pending
Up to \$125,000	5	68.67	19	4	0
\$125,001 - \$140,000	6	70.54	61	11	3
\$140,001 - \$155,000	6	66.54	56	12	2
\$155,001 - \$170,000	3	64.34	121	4	0
\$170,001 - \$200,000	1	65.78	70	1	0
Cypress Mill Estates	Sold	\$ per SqFt	DOM	Avail	Pending
All Price Ranges	7	68.71	69	6	7

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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