

July 2008

CYPRESS MILL MESSENGER

Volume 8, Issue 7

Official Newsletter

YARDS OF THE MONTH



14310 Grove Estates



14711 Windwood Park Ln



14711 Wooded Glen Ct



18110 Arbormont Dr



18306 Cypress Stone 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.

Pride in our Neighborhood

We have a beautiful neighborhood; let's keep it that way. Of course there are a few exceptions but for the most part we can enjoy our neighbors' green lawns and colorful flowerbeds. We have 3 retention areas where you can take a traffic-free relaxing stroll or a more energetic jog and where you would expect to see the same pride we have in our own front yards.

Unfortunately, these areas have, on occasion, become a dumping ground for barbeque ashes and spent charcoal briquettes/bags, broken pavers from household/garden projects, dead plants, tree roots and piles of old mulch, just to name a few items observed over the past few months.

Each of us has a responsibility to dispose of unwanted trash items appropriately; not dump it in a public area for somebody else to clean up.

The Cypress Mill HOA
wishes you and your family
a fun and safe



Independence Day - Friday

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

Stephen Howard..... usacc23@msn.com

Vice President

David Layman..... cypressmilledavid@aol.com

Secretary

Dena Loughlin cypressmilldena@yahoo.com

Treasurer

Chris Jackson cdjlsj@swbell.net

Director

Shirley Whitley swhitley6675@sbcglobal.net

Cypress Mill Contacts

Block Captain Committee

Annabelle Martinez..... ajmarg397@msn.com, 281-213-4079

Newsletter Committee

..... cypressmillmessenger@yahoo.com

Swim Team Committee

..... www.cmmakosharks.org

Administrative Assistant

Carolyn 281-213-3174

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

Keenagers Pot Luck Suppers carolwatec@sbcglobal.net

Keenagers Monthly Bus Trips texasterry51@sbcglobal.net

Other Important Numbers

ACC Changes/Questions - Principle Management:

Jessica Trafton 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/>

Centerpoint Energy Gas 713-659-2111

Centerpoint Energy 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 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) Recycling 281-368-8397

Cypress Mill HOA, Inc. Who To Call List

Aqua Services –

Eagle Water Management (Cypress Hill MUD#1) .. 281-374-8989

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 Trafton..... 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.

Emergency Contact

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

Newsletter Deadline

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

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

Carol L Brown

Certified Public Accountant



*Professional Accounting and Tax Services
For Small Businesses and Individuals*

713-899-1760

15201 Mason Road, Suite 1000, PMB 107

Cypress TX, 77433

Carolbrowncpa@sbcglobal.net

FAIRFIELD

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& ORTHODONTICS

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Paula Herber, DDS
15040 Fairfield Village Drive, Suite 240
Cypress Texas 77433
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Limited time offer.

\$300 off on any full orthodontic treatment

0% Financing for 2 YEARS!

(with approved credit)

Minimum monthly payments required.

Full upper and lower arch treatment required. Offer available to new
orthodontic patients only. Not applicable with other discounts.
General Dentists practicing orthodontics. Limited time offer.

Early morning and evening appointments available!

CYPRESS MILL

Block Captains

Street	Block Capt	Phone #			
Arbormont Dr.	Shelia Wiggs	281-304-0245	Rochelle Ct.	Jen Malota	281-213-3778
Arbor Trace Ct.			Rosehill Estates Ln.	Ronnie J. Kallus	281-304-1246
Aster Estates Ln.			Rose Hill Park Ln.	Bill & Elizabeth Brown	281-373-3118
Auburn Woods Dr.	Herb Hays	281-373-4078	Rosemont Estates Ln.	Annabelle Martinez	281-213-9079
Autumn Glen Ct.	Courtney Hicks	281-213-3182	Spring Walk Ln.	Sharon Strasburg	281-304-1382
Begonia Estates Ct.	Diana Pretus	281 330-8251	Sweetstone Estates Ct	Michelle O'Keane	281-304-8188
Bladenboro (Park I)	Dawn Shirley	281-373-4892	Thicket Hollow	Sheri Pivonka	281-658-2161
Calacaterra Ct.			Thornbluff Ct.		
Camellia Estates Ln.	Jennifer M. Klawinski	281-381-2987	Timber Cliff Ct.		
Carriage Crossing Ln.			Timber Cliff Ln.		
Cascade Bend Lane	Fernando Aguirre	281-373-0186	Trellis Estates Ct.		
Chapel Cove Ct.			Valley Stone Ct.	Rhonda & David Bubenik	
Cinderwood Dr	Amy Arthur	281-304-1999	Water Mill Dr.	Gilbert Tovar	832-922-1865
Cinderwood Dr	Susan White	281-373-5784	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	281-304-0017			
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.	Jennifer Uherek	281-215-3154			
Harmony Estates	Andrea Anderson	281-256-8515			
Harnett Dr.	Tina Bunn				
Harvest Chase Ct.					
Hazy Ridge Lane	Amy Merrill	281-256-6449			
Heathcrest Ct.	Don Staas	281-304-6912			
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.	Dusty Saldana	281-304-1255			
Pinson Dr.	Debbie Brown	281-256-1875			

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. **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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HEEL PAIN

Do you suffer from heel pain? Do the first steps out of bed cause you to limp or walk on your toes? If so, there is no longer any reason to suffer. Treatment for painful heel spurs has greatly improved and become less invasive. Relief can usually be obtained after one treatment. So if heel pain is cramping your style, don't despair, our doctors can help!

FREE * Initial Consultation

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Inclusive only of co-payment for HMO, PPO, and Medicare patients.



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Dr. Michelle Stern DPM
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Dr. Amy Walsh DPM
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Foot Surgery

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

Foot Specialists of Tomball
281-351-5599

13414 Medical Complex Dr., Ste. 11

Lost Pets

Submitted by RB Cox

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this my self.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many many neighbors are now aware. If they happen to forward the e-mail to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on call 7 days a week from sun up to sun down and is free. We are glad to work with any informal e-mail chains. The whole idea is to find lost pets quick for the good neighbors in Cypress Mill.

Please feel free to keep doing your posters but in the mean time give us a call.

Regards,

RB Cox

alert@CypressLostPetAlert.com

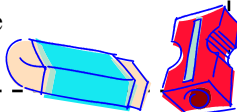
Cypress Assistance Ministries CAM School Supply Drive

With the start of school just around the corner, CAM's school supply drive is in full swing. In August, we will be handing out school supplies to hundreds of children whose families are served through CAM. Your donations of school supplies are greatly appreciated. For a current list of needed school supplies go to our web site: www.cypressassistance.org.

For the summer, the Food Pantry is needing kid-friendly foods.

Cypress Assistance Ministries provides an array of services to needy families in the Cypress and Northwest Houston area.

For a description of all our services, please see our web site, www.cypressassistance.org.



BBQ Safety

Summer is a time for friends and family to gather around the barbeque in your back yard, or in some cases, the front yard. Either way, make it a safe summer and take a moment to consider the following:

BEFORE BARBECUING:

- Check your grill thoroughly for leaks, cracking or brittleness before using it.
- Clean out the tubes that lead into the burner.
- Make sure the grill is at least 10 feet away from your house, garage, fence, or trees.
- Store and use your grill on a large flat surface that cannot burn (i.e.- concrete or asphalt).
- Don't use grills in a garage, porch, deck or on top of anything that can catch on fire.
- Keep children away from fires and grills. It is a good idea to establish a safety zone around the grill and instruct children to remain outside the zone. A chalk line works great for this purpose.
- Have a fire extinguisher, a garden hose attached to a water supply, or at least 16-quarts of water close by in case of a fire.

DURING BARBECUING:

- Don't wear loose clothing that might catch fire.
- Use long handled barbecue tools and/or flame resistant mitts.
- Never use any flammable liquid other than a barbecue starter fluid to start or freshen a fire.
- Never pour or squirt starter fluid onto an open flame. The flames can easily flashback along the fluid's path to the container in your hands.
- Keep alcoholic beverages away from the grill, they are flammable!
- Never leave the grill unattended.

AFTER BARBECUING:

- Always follow the manufacturer's cleaning and storing instructions that accompany the grill.
- Keep your grill clean and free of grease buildup that may lead to a fire.
- Never store liquid or pressurized fuels inside your home and/or near any possible sources of flame.



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281-304-KIDS

Monday - Friday 6:00 a.m. - 6:30 p.m.

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SUMMER IS HERE...

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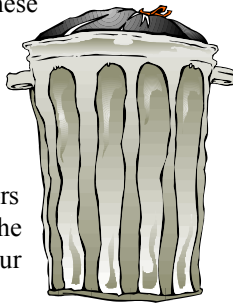
CYPRESS MILL

Trash Collection

Please be aware that trash is not picked up on holidays; July 4, Memorial Day, Labor Day, Christmas, etc.... these workers deserve a holiday too.

Trash will be picked up on the next scheduled collection day. If you are in doubt, please contact Waste Corporation of America, 281-368-8397, to confirm your next pick up day.

As always, please be courteous to your neighbors and do not put out your trash before 6 pm on the evening previous to collection. Let's keep our neighborhood looking beautiful.



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- Can't get away? Let our Mobile Salon come to you

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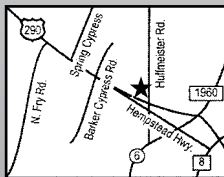
- Bunions • Hammertoes • Heel Pain
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Attention All Swimmers!

Swim Year-Round with the Texas Terrapins

Texas Terrapins Swim Team is Northwest Houston's new year-round competitive swim team offering instruction and competition to swimmers of all ages and abilities.

Texas Terrapins Swim Team practices week-days at the Fairfield Athletic Club's outdoor heated pool, located near Highway 290 and Mason Road in Cypress, Texas.

Texas Terrapins Swim Team offers several program options for swim team participation, along with a growing "Learn to Swim" Program.

Texas Terrapins Swim Team -- just our team name indicates that we're different! We have a team mascot -- the terrapin (think turtle) and our team colors are royal blue and neon green. And although we're serious about our swimming, we keep in mind that it's still about having fun! We offer flexible practice schedules for busy families and an ability to take time off during the year to participate in other activities/sports. We recognize a child's accomplishments both IN and out of the water. And we support an individual's goal, while encouraging overall team achievement.

So take a moment to visit our new website, filled with information on this exciting new team! Watch for Registration information in August.

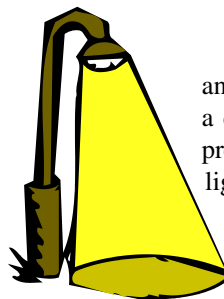
For more information contact:

TELEPHONE NUMBER: (713) 291-6830

EMAIL: HCTTST@hotmail.com

www.texaserrapins.com

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.

We open doors FOR 50,000 STUDENTS

Register NOW for summer and fall ...
flexible class options include weekend, evening and distance learning.

Summer classes start July 10
Fall classes start Aug. 25

Register and pay EARLY ...
for fall college credit courses by Aug. 4 and you're entered to win a free semester of tuition.



Barker Cypress Campus
9191 Barker Cypress
Cypress, TX 77433

Lone Star College-Fairbanks Center
14955 Northwest Freeway
Houston, TX 77040



From The Board

Delinquent Homeowner Association Dues

If you are late in paying your homeowner association dues or have missed payments that you agreed to make with the association's attorney, please call Principal Management Group and speak with Jessica Trafton immediately. Jessica can be reached at 713-329-7138.

New Homeowner Associations Board Seated

On May 28, 2008, a quorum was reached and a new homeowner association board was seated.

Our new board is as follows: Steve Howard, President; David Layman, Vice-President; Shirley Whitley, Director; Chris Jackson, Treasurer; and Dena Loughlin, Secretary.

These board members serve on a voluntary basis and work hard to keep our neighborhood a safe and pleasant place for you and your family to reside.

Outgoing Board Members

Bob Lilienthal and Larry Ramirez stepped down from the board after serving for two years. These two residents worked hard to serve the neighborhood. Bob was our financial guru and watched out for neighborhood finances. With his help and the help of the other board members, Shirley Whitley, Steve Howard, and Jennifer Uherek, the neighborhood was able to pay off a large loan that a previous board had to take several years ago to meet expenses. There were many improvements to our properties using monies that we collected through our yearly maintenance fees and our yearly dues remained the same for two years. Larry Ramirez took charge of security for the neighborhood and with his efforts and the efforts of our security patrol crime has been minimal. Larry has agreed to stay on as chair of a newly created security committee where he will continue to oversee our neighborhood safety. Larry was also instrumental in starting each meeting with a prayer.

Thank you Bob and Larry for everything.
Shirley Whitley

Principal Management Group Website

Please visit PMG's website - PMGHouston.com - and keep up with happenings in our neighborhood. You will find copies of deed restrictions, the status of your HOA maintenance fee, and much more information concerning our neighborhood

Cy-Woods Crimson Cadettes Third Annual Dance Clinic

The Cy-Woods Crimson Cadette Drill Team will be hosting their third annual dance clinic August 13th through the 15th from 8:30 to 11:30 a.m. each day. The registration fee is \$55 for the first child in the family, and \$40 for each additional child in the same family.

Sessions will include dance technique, specially choreographed routines for each age group, a performance dance shirt, drinks and snacks each day, and a picture of each participant. Showoffs will be held August 15 at 11:30 a.m.

For more information contact margaretquillin@hotmail.com
Come Dance With Us!

Business Classifieds

WESTERN ROCK LLC. 936-931-3804 - We have a wide variety of landscaping supplies. Go to www.westernrockllc.com to see our selection or come by our yard at 31110 Waller Tomball Rd. in Waller Texas, off of HWY 290 and 2920. Delivery available.

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World-famous Sausage • Delicious Pizza
Authentic Italian Dishes • Daily Lunch Buffet
Happy Hour Specials • Delivery

Bring in this ad for 10% off your next order.

Offer valid Monday through Wednesday only.
Not valid with any other offer. Expires August 15, 2008.

25680 Northwest Freeway
just south of Spring-Cypress Road
281-373-0039

candelaris.com

Restaurant Hours: **Sun-Thu: 11 a.m. - 9 p.m.**
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.



CYPRESS MILL

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

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Specializing in Residential & Commercial
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*Your Honest, Experienced, Professional
Plumbing Company*

Students at Cypress Christian School Serving our Soldiers



“Want to send your support to a soldier in harm’s way, but have no idea of what to send, who to send it to, or how to send it?”

In the fall of the 2007-2008 school year, Mrs. Carolyn Morgan, fifth grade teacher at Cypress

Christian School, asked this same question when planning a class service project. Mrs. Morgan desired for her class to communicate with a soldier and bless him/her in whatever way possible. She logged on to AnySoldier.com to find volunteer soldier “contacts” on the “Where to Send” page. All the soldiers on this web site are military men and women stationed in areas that are in harm’s way. She searched through the names and selected Major Christopher Lindner (shown at left).

Mrs. Morgan sent a few packages of goodies and supplies along with letters from her students to the address for Major Lindner. Upon receiving the packages, Major Lindner thanked Mrs. Morgan and her students via email and handwritten thank you cards. Mrs. Morgan began regularly corresponding with Major Lindner to determine his specific needs and requests. CCS students and parents jumped at the opportunity to continue blessing their “special” soldier. The back of Mrs. Morgan’s classroom was piled with donations which filled nineteen boxes – all to be shipped to Iraq. Donations included study materials, snack items, toiletries, white socks (which soldiers go through quickly), cards, letters and more. Major Lindner received so much that he was able to share the gifts with “his” soldiers serving alongside him in Iraq. He was even able to use some of the items in the Christmas stockings for his troops.

The fifth graders made it a priority to not only bless their special soldier with material items but to bless him through prayer. Major Lindner emailed specific prayer requests for his situation, his troops and his family back home in Colorado. In response to notes and cards sent by the students, Major Lindner wrote Mrs. Morgan saying, “I’m

(Continued on page 10)



281-373-4640

KINZIE



PET OF THE MONTH

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Safe and
Happy
July 4th**

*Luxury Suites, Grooming
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Monday-Wednesday 10-6
Thursday-Saturday 10-3

- Clothing
- Furniture
- Toys
- New Jewelry
- Housewares



11202 Huffmeister

Donations Welcome
Tax Receipts Given

NWHC Aggie Moms' Summer Membership Mixers

The members of the Northwest Harris County Texas A&M Mothers' Club cordially invite you to join us for a Summer Membership Mixer. If you are a previous member, a current member or have been a member in the past, we invite you to attend as we welcome the NEW Mothers, Grandmothers or Guardians to one of the membership mixers listed below. The mixers will continue through July at different member's homes in our area so hopefully you can find one that fits into your schedule. Dress is casual and we will be happy to answer any questions you may have about the club and the activities. After you select a date and location, please RSVP to Carolyn Gilmartin at 281-213-9953, or Beth Salato at 281-320-2469, and we look forward to meeting you.

TUESDAY, July 1, 2008, 7:00 PM – 9:00 PM, --- Donna Calvert, hostess, 6807 Cherry Hills Road, Houston, TX 77069, 281-537-2226 (Champions Park North Subdivision)

TUESDAY, July 8, 2008, 7:00 PM – 9:00 PM, --- Jo Miller King, hostess, 11918 Mariposa Canyon Drive, Tomball, TX 77377, 281-255-9826 (Canyon Gate Northpointe)

SUNDAY, July 13, 2008, 3:00 PM -- 5:00 PM, --- Sylvia Wisialowski, hostess, 8412 Crescent Wood, Spring, TX 77379, 281-732-6700 (Memorial Northwest Subdivision)

THURSDAY, July 24, 2008, 7:00 PM – 9:00 PM --- Vivian Powell, hostess, 9718 Ashdown Forest Dr., Spring, TX 77379, 281-251-8799 (Gleannloch Farms)

SUNDAY, July 27, 2008, 3:00 PM – 5:00 PM --- Emily Franks, hostess, 8334 Castle Pond Court, Houston, TX 77095, 832-593-9011 (Copper Lakes Subdivision)

Please stop by the website for details on each mixer which includes the date, place, time, hostess and even provides a link with a map to each address. www.nwhcaggie moms.com

Stork Report

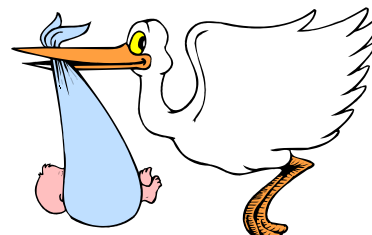
Parents: Colin and Suzanne Werth

Baby Boy: Presley Tucker Werth

Born April 25, 2008

Weight: 8 lbs 14 1/2 oz

Height 21"



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 for announcements.

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CYPRESS MILL

Students - (Continued from page 8)



they posed for a picture while holding photos, cards and letters from Major Lindner.)

Some may call this a coincidence but Mrs. Morgan gives all the credit to God for directing her to this godly man who needed encouragement while serving his country in a foreign land. Major Lindner said in an email to Mrs. Morgan, "I don't know if I speak for everyone, but there are many types of people who provide immense value for our country and we are just a small piece. So many people get overlooked regarding their contribution and value to our future. I do miss my family so much, but I know that God has a plan for

in awe of the love and grace that your children obviously have for God's people. They are truly an inspiration to me, that's for sure." (Shown at right are some of the fifth graders who were involved in this service project. On the last day of school

me and I have to trust that He will take care of the things I cannot. It's tough wanting to be there for my children and wife to provide that something that only a father can provide. However, I've had to realize that God can do that even better than I." What an example of faith this godly man was to our students!

Special Surprise: When the students who participated in this service project return to school in the fall, they have a special surprise awaiting them. Major Lindner sent the classes an American flag which was accompanied by a Certificate of Appreciation which states that the flag was flown at the Camp Remembrance II Theatre Internment Facility, Baghdad, Iraq, on February 22, 2008 in honor of Cypress Christian School.

We "salute" the men and women serving in the military and say "thank you" for sacrificial service!

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Lone Star College-CyFair "Perspective"

Summer Fun in the Gallery and on Stage - The Bosque Gallery presents a University of Houston MFA Exhibition (July 15 - July 31) and a photo exhibition titled "IN-SITU: In the Place. - Italy Summer Study Abroad 2008" (Aug. 12 - Aug. 28). Go to CyFair.LoneStar.edu/bosquegallery for hours and artists reception. Don't miss this year's children's shows "Thaddeus and 'Tila" continuing 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. The contemporary musical version of a classic tale of love and devotion tells the tale of the forbidden love between an Egyptian soldier and an enslaved Nubian princess. For tickets and information call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

Register and Pay Early For Free Tuition - Register and pay (or execute an installment payment plan) for fall credit courses before the close of business Thursday, Aug. 4 and automatically be entered to win free tuition, IPOD Shuffle or \$250 book voucher. The grand prize covers payment of tuition and fees up to \$1,000 for credit classes at the Barker Cypress and Fairbanks campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 13. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

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 July and August. Register at CyFair.LoneStar.edu/orientation.

Family Story Time and Reading Programs Available - Families that read together, can succeed together to earn certificates, gift cards and other incentives as participants in the LSC-CyFair Library's Summer Reading Program. Be part of the Texas Reading Club Jubilee: 1958-2008! and help Texas celebrate 50 years of reading through numerous child, teen and adult programs. The Kids Corner also hosts the return of a weekly Family Story Time. Go to CyFair.LoneStar.edu/library for information.

L.I.F.E. Lessons in July - The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In July, the programs include a book discussion on "Founding Brothers: The Revolutionary Generation" July 2; French pastry lesson July 9; a talk on the JFK assassination July 16; accenting your garden with color July 23 and cool, light summer meal ideas July 30. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

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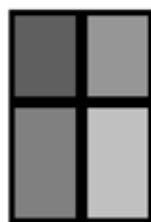


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CYPRESS MILL

Sudoku

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

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

*See solution at PEELinc.com

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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



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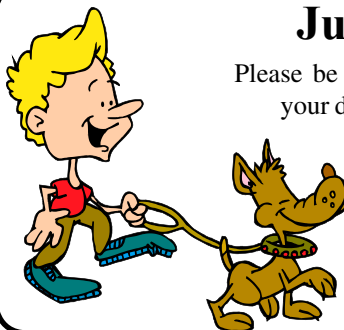
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WILDCATS RAP (Right After Prom)

Cy-Woods High School's project prom group of parents is busy raising funds for their first post prom celebration in May 2009. With about 930 seniors, WRAP has set a fundraising goal of \$100,000. Kicking off fundraising is the "Pave A Path To Woods" program. By purchasing a brick engraved with a senior student's name, a lasting memory of this first graduating class will be left at the school and project prom will earn funds at the same time. Bricks are \$100 each and the deadline to purchase is October 1st. Parents, relatives, friends and businesses can participate by buying a brick for their deserving senior. To purchase a brick, contact Cindy Theut c.theut@sbcglobal.net.

Parents can join WRAP by coming to the monthly meetings held on the second Tuesday of the month in the Cy-Woods High School Commons at 7pm or check out our website at cywoodswrap.org Start earning WRAP bucks now--\$10,000 WRAP bucks for a brick and \$5000 for attending a meeting! See you there!



Just a reminder

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

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

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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 -Deborah Fisher - 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!!



Summer Pet Health

By Jim Amyx, DVM

Pet owners are often surprised to learn common household plants are toxic to pets, with perhaps the Sago Palm being the most prevalent toxic plant in this area. Sago Palm trees contain a very potent toxin called Cycasin. The toxin, found in all parts of the plant, has its greatest concentration in the seeds and root balls of the Sago. A pet ingesting as few as 1 or 2 seeds can experience acute liver failure and death; therefore, please plant Sagos where your pets do not have access to them. If your pet does ingest any part of a Sago Palm, seek veterinary attention immediately.

Lilies are probably the second most prevalent plant toxicity in this area. Several types of Lilies are toxic, with the principal ones being Easter Lilies, Tiger Lilies, Stargazer Lilies, Peace Lilies and Day Lilies. Lilies are extremely toxic to

cats. Generally, toxicosis occurs only in cats. All parts of the Lilly contain toxins that can cause acute renal failure.

As with Sago Palms, there is no specific antidote for the toxins, however expedient veterinary treatment and supportive care can improve your pet's prognosis for survival.

Other common toxic plants are Oleanders, Azaleas, Rhododendron, Laurel, Castor Beans, Foxgloves, Cyclamens, and Yews. Common houseplants that can be toxic as well. Go to the ASPCA poison control website (www.aspc.org) for additional information on toxic plants AND foods – grapes, raisins, onions, and chocolate are all toxic to your pet too!

I hope this "Summer Pet Health" series helps you and your pet enjoy the "Great Outdoors" this summer. Have a Great Summer!



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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 07	Jan 08	Feb 08	Mar 08	Apr 08	May 08
\$200,000 +	0	0	1	0	0	0
\$180,000 - 199,999	2	0	1	1	0	0
\$160,000 - 179,999	1	0	0	1	1	3
\$140,000 - 159,999	0	1	5	0	3	0
\$120,000 - 139,999	5	0	4	3	5	5
\$120,000 -	1	2	3	0	0	3
TOTAL	9	3	14	5	9	11
Highest \$/Sq Ft	78.29	71.63	82.32	70.82	76.07	77.25

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

HOW TO TRAVEL LIGHT AND BE A “HAPPY TRAVELER”

Submitted by Marina Byrum



Your carry-on bag could be the solution to some of the summer travel season's likely woes — including checked baggage fees on American Airlines and possibly other carriers — but it also has the potential to cause headaches. You don't want to find a rumpled mess when you arrive at your destination or spend your vacation shivering or sweating because you weren't ready for the weather.

It is possible to pack fashionable clothes in an efficient way. Some tips from the pros:

CHOOSE A GOOD BAG

Some travel experts recommend a standard rectangular-shaped bag with wheels for business trips because clothes are less likely to become wrinkled. For recreational travel, however, soft-sided duffel bags are better.

One way to pack play clothes to fit into space more economically is to roll them and stuff them into a bag like cigarettes into a cigarette box. But if you're using the rectangular-shaped bag, it's good to use Zip-lock plastic baggies, which come in 1 and 2-Quart sizes, as well

as 1 gallon and 2 gallon sizes. Simply lay your garment or garments inside the bag, then as you zip it shut, squeeze as much air as possible out of the bag. Voila! Your bag/garment is flat as a pancake and takes up practically no space. And best of all, clothes do not tend to wrinkle using this method - unless they are fabrics that are prone to wrinkle anyway.

It's a good idea to separate undergarments and socks into one zip-top plastic bag, tech gear such as cords and batteries into another, and toiletries all in yet another. (Any liquid needs to be stored in a see-through bag.)

Since you may be asked to open carry-on bags during a security check at the airport, things will go much more smoothly if items are organized. Otherwise, everything can spill out, which can be both inconvenient and embarrassing.

Carry-on bags tend to be treated more gently than checked bags so there is an opportunity to choose more of a fashion-forward bag than basic black. Plus, using a bright colored bag, or one with graphic print, will make it easy to find your bag in the overcrowded overhead bins.

Also, be mindful of your airline's size limit for carry-on bags. American's, for example, is 45 linear inches (height plus length plus width).

(Continued on Page 19)

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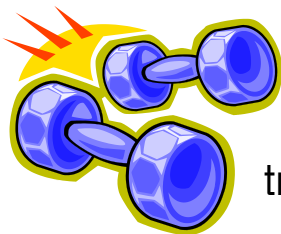
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Se Habla Espanol

Bike Safety - (Continued from Page 17)

WHAT TO PACK

To minimize the number of garments you have to pack and unpack, choose a neutral color palette — maybe blue and tan, maybe black and white — and then stick with it for the trip. By limiting the number of colors and patterns, everything matches and there's no need for that extra sweater to go with the lime green skirt. To keep your wardrobe from being too boring, pack colorful scarves or cute belts, which take up very little room in a bag.

Jersey fabrics, as well as washable silks and athletic fabrics, usually pack flat and travel well, according to Susan Foster, author of a book entitled "Smart Packing" (See website at <http://www.smartpacking.com/>). She recently became sold on The Limited's new travel suit, made in a polyester-wool-and-Lycra blend, because it has a slimmer, more modern cut than most travel-specific clothes. Check Travel Smith and Magellan's for travel-friendly wardrobes also. (Both have online shopping sites available.)

The layered look is always works well, with enough T-shirts, camisoles or shells for each day, but only one sweater and light, water-resistant jacket to go on top.

Toiletries tend to take up a lot of room and liquid products are also subject to the 3-ounce security rule, so it might be a good time to move toward dry products, such as a stick deodorant and mineral cover-up makeup. It's also a good idea to pack shampoo with a built-

in conditioner and moisturizer with SPF.

Some business travelers are forgoing the toiletry hassle altogether, ordering travel-size products (see <http://www.minimus.biz>) to be waiting for them at their hotel.

WHAT TO LEAVE HOME

A different outfit for every day is the worst strategy because you might need different shoes, a different handbag and different accessories for each one.

Instead, switch out only the pieces that other people notice. Change the tops, scarves, etc., but who'll notice which black pants I'm wearing today?

Jeans might be the basis for many vacationers' wardrobes, but they really aren't practical, because they're too bulky, can't effectively be washed in the sink and take too long to dry.

Too many shoes are the downfall of many packers. Women shouldn't travel with more than three pairs, says Foster, and men, simply because their shoes have a larger profile in the suitcase, shouldn't have more than two.

For most trips, I try to get by with a comfortable pair of walking shoes and a pair of dressier shoes for dinner.

So why not become a "happy traveler", by cutting down on the bulk and weight of your luggage and making it your goal to cut back on baggage charges and hassles by being a smart packer?



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Prevent Osteoporosis Now

Today is the day to begin preventing osteoporosis, an age-related disorder in which bones become gradually thinner, more porous and less able to support the body.

This condition affects both men and women, but women usually suffer more severely because bone loss accelerates rapidly after menopause. By the time a woman reaches the age of 70, she may have lost as much as 30 percent of her bone density.

Prevention is the Key

The following lifestyle-related factors may lead to the development of osteoporosis:

- lack of exercise
- calcium and vitamin D deficiency
- prolonged use of drugs, alcohol, caffeine, high-phosphate soft drinks
- smoking

The good news is that osteoporosis may be prevented by a combination of exercise and good nutrition.

Get Plenty of Exercise

Weightbearing exercises can help prevent bone loss and may encourage bone growth. Specific exercises to twist, bend, stretch and compress bones are needed to strengthen the common sites at risk: the upper arm at the shoulder, the forearm at the wrist, the thigh bone at the hip, and the spine. This process is known as "bone loading."

Before beginning any exercise program, always consult your physician. If you're given the go-ahead, start slowly and build

Keeping Bones Healthy at Every Age

	Calcium (mg/day)	Vitamin D (IU/day)	Physical Activity	Bone Density Testing
Infants				
0—6 months	210	200	Interactive play	As clinically indicated in high-risk patients.
6—12 months	270			
Children and Adolescents				
1—3 years	500	200	Moderate to vigorous activity at least 60 minutes per day. Emphasizes weight-bearing activity.	As clinically indicated in high-risk patients.
4—8 years	800			
9—18 years	1300			
Adults				
18—50 years	1000	200	Moderate activity at least 30 minutes per day, on most, preferably all, days of the week.	As clinically indicated in high-risk patients.
51—70 years	1200	400	Emphasize weight-bearing activity. Fall prevention programs, modified for the frail elderly and spine fracture patients.	Bone density testing by DXA in all women over age 65; consider in women under 65 with risk factor. No consensus on men.
>70 years	1200	600		

Source: Adapted from U.S. Department of Health and Human Services. *Bone Health and Osteoporosis: A Report of the Surgeon General*. Rockville, Md.: U.S. Department of Health and Human Services, Office of the Surgeon General, 2004.

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up over time. An ideal program should include bonespecific, aerobic weightbearing exercise three days per week. Weightbearing exercise includes such activities as walking and crosscountry skiing.

Include a variety of exercises that will stimulate as many different bones as possible. Add upper-body muscle strength and endurance training two days per week.

Stick with your program and work up to at least 20 to 30 minutes of physical activity a day, on most, preferably all, days of the week. Also, think about ways to increase your daily activity, such as taking the stairs or gardening.

Eat for Stronger Bones

You can bolster your bone strength by eating a high-calcium, high-fiber, low-fat diet.

Did you know that two-thirds of your bone is composed of calcium? The accompanying chart lists the recommended dietary allowances (in milligrams per day) for calcium and vitamin D for various individuals.

You need vitamin D to help metabolize calcium. The best source of vitamin D is the sun, but fortified milk products offer the same benefit without the risk of skin damage.

You can also get a good dose of calcium from the following sources:

- nuts, seeds, beans and peas
- fish with bones
- green vegetables

Bones to Last a Lifetime

Bone-loading exercise and a balanced diet are important components for preventing osteoporosis. By taking care of your bones now, they will stay strong enough to carry you safely through a lifetime of health and activity



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Dawn Fore's Cypress Mill Market Report

Neighborhood	1 st Quarter 2008			Current	
Cypress Mill	Sold	\$ per SqFt	DOM	Avail	Pending
Up to \$125,000	6	\$45.78	65	5	1
\$125,001 - \$140,000	6	\$58.21	88	9	2
\$140,001 - \$155,000	3	\$56.74	66	16	2
\$155,001 - \$170,000	2	\$69.04	37	9	1
\$170,001 - \$200,000	0	-	-	2	0
Cypress Mill Estates	Sold	\$ per SqFt	DOM	Avail	Pending
All Price Ranges	6	\$70.85	87	6	2

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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