

The Village Gazette



Volume 5, Issue 10
Village Creek Community Association

October 2008

Neighborhood Fall Festival

Mark your calendar and get ready for some fun as prepare for this year's Fall Festival, Saturday, October 25. The weather should be cooler and there will be many activities for the whole family. Kids can try their hand at pumpkin carving, get a tattoo, play bean bag toss, go fishing or build a scare crow.

For the adults we have the Chili Cook-off and Market Place. Residents who make home made gifts or sell Tupperware, Southern Living at Home, etc. are invited to set up shop for neighborhood shopping. Please contact Stacey Coscio to reserve your spot.

Or, if showing off your cooking skills is more your speed, teams and individuals can participate in the Chili Cook-off. To participate you will need to:

Bring all items for cooking and serving chili, including

- o Scratch ingredients - no prepackaged kits
- o Propane or other non-electrical cookers - no open flames
- o Table and chairs; shade tent if desired

All cooking should be done on site. Set up and judging times will be announced at a later date. There will be two winners, one chosen by a panel of judges and one chosen by the residents who attend. If you would like to enter or help with the cook off please contact John Wheat, 281.374.0459 or jslawheat@yahoo.com, by October 18th so we can determine the number of teams.

As always Stacey can not manage this event alone. It takes VOLUNTEERS from the community to make it a success. If you can only volunteer for 30 minutes to an hour, we can use you. Please contact Stacey today at sscscio@sbcglobal.net for volunteer or participation information.



Constable's Corner

By Sergeant James Rouse

The kids are back in school. Remember to watch for children in the neighborhood and around schools. Know when the school zones are in effect, as officers will be enforcing these. You can only pass a loading or unloading school bus (red lights flashing) if the roadway is divided by a center median to separate the opposing traffic and you are traveling on the opposite side. If your child rides a bicycle, please teach them to stop at stop signs and be wary of intersections before proceeding. Plan a regular route for your child to walk or ride their bicycle when coming and going from school.

For a safe Halloween, please remember the following tips:

- 1 Travel in groups
- 2 Stay on a planned route through the neighborhood
- 3 Parents, know where your children are planning to go. As always, an adult escort is preferable.
- 4 Children, no matter how tempting, DO NOT EAT any of the candy or treats until you get back home and let a parent look it over
- 5 Carry a flashlight, light stick or a reflector, especially if your costume is of dark colors
- 6 Remember, children are going to be excited and distracted. Slow down and watch out for them.



Recently Pct 4 investigated a rash of car burglaries that happened in several neighborhoods along Spring Cypress and Louetta. Two juveniles and three adults have been charged with Organized Crime. Pct 4 recovered some of the stolen property, but were unable to link a majority of it to complainants because the articles were common in nature, being laptops, GPS units, MP3 players and the like. Complainants did not have the serial and/or model numbers, making it very difficult to determine ownership. Please take a few minutes to copy down these numbers to aid the police in finding your property should a theft occur. Keep these numbers with other important paperwork, such as your Social Security cards and vehicle titles, so they can be easily obtained for the offense report.

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IMPORTANT NUMBERS

EMERGENCY NUMBERS or 911

CenterPoint-Gas Leak.....	713-659-3552
Constables Office.....	281-376-3472
www.cd4.hctx.net	
Klein Fire Dept.	281-376-4449
Poison Control Center.....	800-764-7661
Willowbrook Methodist.....	281-477-1000

SCHOOLS

Tomball ISD	281-357-3100
www.tomballisd.net	
Willow Creek Elem (K-4).....	281-357-3080
Northpointe Int (5-6).....	281-357-3020
Willow Wood Jr (7-8)	281-357-3030
Tomball High (9-12).....	281-357-3220
Transportation	281-357-3193

HOA MGMT

Chaparral Management Company	281-537-0957
Ms. Tally Jenkins	tallyj@chaparralmanagement.com
Fax	281-537-0312

6630 Cypresswood Drive, Suite 100

Spring, Texas

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SERVICES

CPS	713-626-5701
CenterPoint-Gas.....	713-659-2111
Dead Animal Pick up	713-699-1113
Domestic Violence.....	281-401-6250
FBI	713-693-5000
Harris County Animal Control.....	281-999-3191
Houston Chronicle	713-220-7211
Greater Houston Pool.....	713-771-7665
Municipal District Services (24 hrs).....	281-290-6500
Reliant-Street lights.....	713-923-3213

www.centerpointenergy.com/outage

Sex Offenders.....	www.familywatchdog.us
Time Warner Cable	281-774-7222
Waste Management.....	713-686-6666
Trash pickup Tues/Fri	
Recycling Fri (only newspapers/#1 & 2 plastics/aluminum cans)	
Yard Stork	kpuente@garygreene.com

NEWSLETTER

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Advertising.....	advertising@PEELinc.com, 888-687-6444

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Don Rumsey.....	don@myvillagecreek.net
Mike Preiser	mike@myvillagecreek.net
Jason Giddens	jason@myvillagecreek.net
poolcards@myvillagecreek.net	



Welcome

The Village Creek HOA would like to extend a warm welcome to our newest board member, Jason Giddens. Mr. Giddens has taken the role of Director at Large, effective August 2008. He is a great addition to our board and we are looking forward to his service with us.

Don't want to wait for the mail?
View the current issue of the Village Creek Community Newsletter on the 1st day of each month online at
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The Village Gazette

Neighborhood Watch

October 2008

The Village Creek Neighborhood Watch Program is off the ground and running. Thanks to the tremendous response of your fellow residents we now have more than half of the Block Captains need for our neighborhood. You can see who your Block Captain is by accessing the list on myvillagecreek.net. If we do not have a Block Captain for your street and you are interested in joining the team please send me an email and we will bring you aboard.

Our Block Captains will be seeking the enrollment of neighbors on their streets so that we can obtain the 50% sign-up throughout the neighborhood to obtain free signage and become a recognized Neighborhood Watch organization.

Neighborhood Night Out will be Tuesday, October 7th this year. As you know, this is your opportunity to get out on your street so you know who belongs in our neighborhood and who does not. This is important because if you see someone who doesn't belong then you need to contact our Constable at 281-376-3472. Someone on each block needs to host this activity. If you have a Block Captain (Check myvillagecreek.net) work with them. If not, please advise me at mike@myvillagecreek.net if you wish to host it on your block. I hope to have the Constable visit us for a few minutes that evening.

Neighborhood Watch is intended to do the following:

1. Increase awareness of residents in the neighborhood.
2. Use the increased awareness so that residents become the eyes and ears of local law enforcement.
3. Communicate items and actions that will reduce the opportunity for and actual crime in the neighborhood.
4. Communicate both the successes that help prevent crime and the primary causes for a crime when one occurs.

If we do these things as a team we make our neighborhood a better place to live and reduce opportunities for criminals.

Immediate Actions You Can Take To Reduce Crime:

1) The following items were identified as action items to be shared with residents to reduce the opportunities for crime in Village Creek.

- a) Close garage doors even if the resident is at home,
- b) Keep all doors to the house including the door from an attached garage to the house locked at all times.
- c) Lock cars at all times.
- d) Remove all valuables from cars inclusive of items such as GPS portables, computers, iPods, etc...

(Continued on page 4)



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Make sense?

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The Village Gazette



The Tri-County Quilt Guild

Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 High way 29
0 just off Muescke Rd, Cypress, TX 77433-4907
website: www.tricountyquiltguild.org
Established 2005

Some of our activities include Show & Tell, BOM's, Fabric Exchanges, Charity Quilts, Bees, Special Programs, guest speakers and more, with Door Prizes at every meeting!

We are a very friendly group and welcome quilters of all levels of expertise, from the Just Love Quilts and never sewn to the experienced and published. Visitors welcome!

Please check out our website for more information.



Neighborhood Watch - (Continued from Page 3)

e) Do not leave keys in cars.

f) Report any suspicious activity to Pct 4 Constable at 281-376-3472. If the resident is concerned about remaining anonymous than advise the resident to state up front that they are making an anonymous report. (This action is the cornerstone of a successful neighborhood Watch program.

Please feel free to communicate items to your Block Captain if you have one or to me directly at mike@myvillagecreek.net if you have questions or comments.

Advertising Information

Please support the business that advertise in the Village Creek newsletter.. Their advertising dollars make it possible for all residents to receive a newsletter each month 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 or advertising@PEELinc.com for ad information and pricing The deadline for ads is the 10th of each month for the upcoming month's newsletter.

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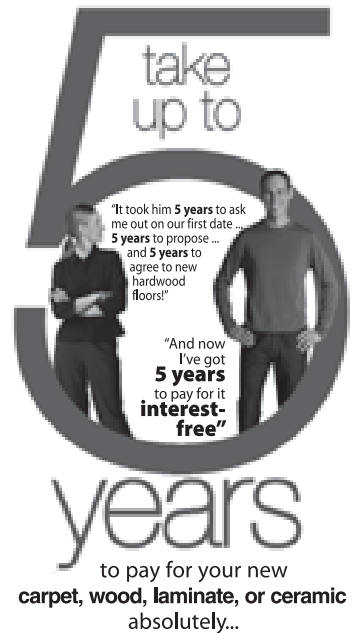
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Cy-Fair ISD & Volunteers in Public Schools (VIPS): A Winning Combination

VIPS is an acronym for Volunteers in Public Schools. VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

**Cy-Fair ISD & Volunteers in Public Schools (VIPS):
A Winning Combination**

October 2008 Upcoming Events

October 1 Math Training – 9:30 a.m. to 12 p.m., Berry Center

Participants will have an opportunity to review the first semester curriculum in grades 1-5, use some of the technology applications available to teachers and students, learn more about the 4-step problem solving process, and explore some of the components of Singapore Math being used with students in elementary math.

October 7 Junior Achievement Coordinator Training – 9:30 a.m. to 12 p.m., Berry Center

Specifically for those who will take responsibility for implementing the JA program for their campus.

October 7 Junior Achievement Volunteer Training – 9:30 a.m. to 12 p.m., Berry Center

The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.

October 9 Sooper Puppy Training – 9:30 a.m. to 12 p.m., Berry Center

Sooper Puppy is a first grade class series dealing with life lessons, facing dilemmas and arriving at solutions by making good choices.

(Continued on Page 9)

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BOOK FAIR Benefiting The Pearl Fincher Museum of Fine Arts, November 1 - 2, 2008

To help support the Pearl Fincher Museum of Fine Arts now open in Northwest Houston, Barnes & Noble Book Sellers at Champions Village will be sponsoring a Book Fair November 1-2, 2008. A weekend of special events for all ages is planned for the Book Fair including a presentation and display of the **2008 Student Art Contest Winners**. There will be an art project for the kids, balloons, critters from the Texas Wildlife Rehabilitation Coalition and giveaways.

Support the Pearl by shopping at Barnes & Noble at Champions Village, 5303 FM 1960 West, for all of your book needs using a special Book Fair voucher that is available on line at www.pearlmfa.org. If you forget your voucher, just let them

know at checkout that you want to support the Pearl. It is that easy. Stop by and learn all about our wonderful fine art museum right here in the Cypress Creek area. See the great art work our young students are doing. A portion of all in-store purchases will benefit The Pearl.

Remember, Cheesecake Factory cheesecakes are available from the Barnes & Noble Café and can be pre-ordered. Get your Cheesecake Factory cheesecake for the holidays while supporting the Pearl at the same time. Cheesecakes can be picked up and paid for during the book fair and can be frozen for the holiday season.

The next meeting of the Volunteer Guild will be Monday, October 27th at 9:30 in the Northgate Room at the museum. There

will be a brief business meeting followed by a presentation by Dave Koenig of the **Houston Area Blacksmith's Association** and Lyn Huck of the **Houston Area Metal Arts Guild**. To become a Pearl Fincher Guild Member and learn more about upcoming Guild presentations and opportunities, contact Carolyn Clayton at kclayton@flash.net.

For more information, please visit us online at www.pearlmfa.org or call 281-376-6322.



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The Village Gazette

Cypress Christian School Welcomes New Principal

Cypress Christian School is pleased to announce the appointment of Donna Stumbaugh to the position of elementary principal.

"Mrs. Stumbaugh has committed her time, talents, and energy during the last 12 years to minister to students, parents, and teachers at Cypress Christian School," said Dr. Glenn Holzman, Head of School. "Her proven experience in curriculum development and improvement, as well as her extraordinary organizational and leadership skills, allow her to join the administrative team this year. Mrs. Stumbaugh is unquestionably dedicated to Christian education. She understands that Christian education is an opportunity to instill Christian values through scripture. She is committed to the ideal that teachers are living examples of who Christ is, as they teach about God's world through God's word."

Mrs. Stumbaugh's education and experience include the following:

- Bachelor of Science in Education from University of Arkansas
- Master's Degree in Learning Disabilities from University of Tulsa
- Gifted and Talented and Mid-management certificates from the University of St. Thomas
- Texas Certification: Elementary Education, Learning Disabilities, Gifted and Talented and Mid-Management
- More than 28 years of experience in curriculum development and classroom instruction

Cypress Christian Students Travel to Spain

Several CCS secondary students had the opportunity to travel to Spain for a ten-day, educational tour this past June.

The students had an incredible time learning about architecture and visiting historical and cultural sights studied in class. The students spoke with native Spaniards on a daily basis, which reinforced grammar and vocabulary as well as boosted their self confidence in speaking. The majority of the students had not traveled outside of the country and this trip provided many opportunities for personal growth, as well as academic benefits.

CCS students who went on the trip included Jessica LeDay, Elisabeth Dunn, Hallie Salmon, Brian Fredrich, Casey Salzar, and Jordyn McCain.



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The Village Gazette

VIPS - (Continued from Page 6)

October 15 Hearing Certification Training – 9:30 a.m. to 2 p.m., Berry Center

Become a State certified trained volunteer to assist your CFISD school in hearing testing for the students. Please RSVP to your school nurse by October 10.

October 16 Vision Certification Training – 9:30 a.m. to 2 p.m., Berry Center

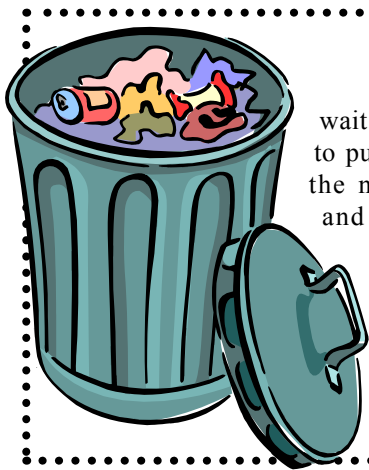
Become a State certified trained volunteer to assist your CFISD school in vision testing for the students. Please RSVP to your school nurse by October 10.

October 23 Classroom Assistance – 10:00 a.m. to 2 p.m., ISC West
Learn basic classroom technology tips to assist students in the classroom. A campus administrator or VIPS liaison approval signature is required for this free technology training.

October 28 Junior Achievement Volunteer Training – 9:30 a.m. to 12 p.m., Berry Center

October 28 Microsoft Word I & II – 10:00 a.m. to 2 p.m., ISC West
Learn simple to moderate applications of Microsoft Word software. Administrator signature approval required to register for this free technology training.

October 30 Fall Conference – 8:00 a.m. to 2 p.m., Berry Center
A day of informative workshops is offered to volunteers, staff, parents and community members designed to support the work of volunteers in all district schools.



Trash

If at all possible, please wait until the morning of trash day to put out your trash. Putting it out the night before attracts animals and pests who are not welcome guests! Also, take care to secure loose trash items, as they can easily blow away. Thanks for making every effort to ensure the cleanliness and beautiful appearance of Village Creek!

Yard of the Month

Congratulations to the residents of 12615 Wandering Streams for being chosen as the Yard of the Month for September.

Criteria for Yard of the Month Recipients

Rules

- *Yard of the Month will be awarded during the months of April-Sept.
- *One (1) home will be selected during each month.
- *Winner must be willing to have photos of the yard taken and published in the newsletter.
- *Winners will be selected based on the attractiveness, maintenance, beautification, originality and creativity of their landscaping.
- *A home cannot receive an award more than once a year.

Awards

- *Yard sign indicating the selection of the winning home will be placed in the front yard of the recipients of the month.
- *A gift certificate from a local nursery will be presented to each winner from the Landscape Committee.

Winners

- *All winners must be in good standing.

Judging Criteria

- *General upkeep of the yard (well manicured grass, edged, uniformly green and generally weed free).
- *Bushes and shrubbery are neatly pruned and show good color.
- *Unique landscaping or originality/creativity.
- *Pleasant and overall appearance which makes the property an asset to the community.

Reporting

- *The Landscape Committee will advise the Board of the Yard of the Month selection prior to notifying the homeowner/resident.

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The Village Gazette

Prozac, Zoloft or Vitamin D3 Deficient?

Submitted by Dr. Tenesha Weine

Sick all the time? Sad? Depressed? Low energy? Just don't feel well? Hurt all over? Low motivation? Lack of Focus?

Your body may be deficient in anti-depressants, highly unlikely, or you may be deficient in vitamin D3.

"Inadequate vitamin D status is an important public health problem, which could be readily addressed by adequate vitamin D intake or sunlight exposure" (Am J Clin Nutr 1997;66:929-36)

There is an epidemic of depression in the country. Can we all be depressed? Probably not. Studies have shown that vitamin D deficiency can cause low mood and moderate depression like symptoms. Think about how depressed people in colder climates become in the winter months. Indoor tanning has become a huge industry in the Northern and Midwest states because it makes people "feel good."

We need Vitamin D, specifically in the D3 form for multiple normal functions of the body such as:

- Normal Thyroid Function
- Normal bone and cartilage mineralization
- To absorb and maintain Calcium levels
- Normal Blood Clotting
- Normal Heart Action
- Healthy skin integrity

Vitamin D3 can be considered both a vitamin and a hormone due to where it is produced and released. Therapeutic doses of Vitamin D can help prevent such conditions as:

- Polycystic Ovary Syndrome
- Peripheral Neuropathy
- Lupus (SLE)
- Fibromyalgia
- Depression
- Autoimmune Disorders

"The significant role of Vitamin D compounds as selective immunosuppressants is illustrated by their ability to either prevent or

markedly suppress animal models of autoimmune disease". (FASEB J 2001 Dec;15(14):2579-85).

In Norway there is a high incidence of MS, an autoimmune disorder, inland. But a low to zero incidence on the coast. This could be explained by the abundance of vitamin D-rich fish on the coast and the native consumption of it. Coincidence? In Switzerland, there is a high incidence of MS at low elevation, but a low incidence at high elevation. Coincidence that in low elevation the sun exposure is close to zero?

With the fear of skin cancer and wrinkles we are in the sun less and less these days. And when we are, we are lathered up with chemical based-toxin containing sun screen, blocking vitamin D absorption.

So, how do we achieve normal and/or therapeutic levels of Vitamin D3? Let's start with nature. Spend 15 minutes in the

sun 2-3 times per week without a sun block. As we said, low light climates can dampen Vitamin D levels. This emphasizes an important point: optimal functioning of the skin, liver, and kidney are necessary for metabolism efficiency.

Unable to swing that? Try adding it to your diet through foods high in vitamin D such as organic egg yolks, fish and liver. You will need to eat 3 to 4 servings of each per week to achieve the needed 400-600 IU per day. Most of us don't eat, nor want to eat the foods rich in D so supplementation of D3 can be used.

Supplementation is absolutely needed when treating conditions present from depletion. But be careful where your vitamin D supplement is coming from. Unfortunately, like in anything else, you get what you pay for. Most over the counter products are in such low doses and poor content you won't absorb it well enough to feel a difference. The D3 we carry in the office is the highest quality and purest form on the market.

So, eat more fish - play in the sun - take your Vitamin D3 and feel good!

"Inadequate vitamin D status is an important public health problem, which could be readily addressed by adequate vitamin D intake or sunlight exposure" (Am J Clin Nutr 1997;66:929-36)

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Village Creek Market Report

Courtesy of "DAVID FLORY"

This market information report is provided to keep you informed of resale market activity in your subdivision.

	Mar 08	Apr 08	May 08	Jun 08	Jul 08	Aug 08
\$350,000 +	0	0	0	0	0	0
\$300,000 - 349,999	0	0	0	1	0	0
\$250,000 - 299,999	2	1	0	1	1	0
\$200,000 - 249,999	0	0	0	1	3	2
\$160,000 - 199,999	1	0	1	0	2	0
\$160,000 -	0	0	0	0	0	1
TOTAL	3	1	1	3	6	3
Highest \$/Sq Ft	101.30	81.97	63.15	88.58	82.36	70.50

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

#2 Realtor In Texas

Realtor Teams per Remax 9/2007

David "Super Dave" Flory



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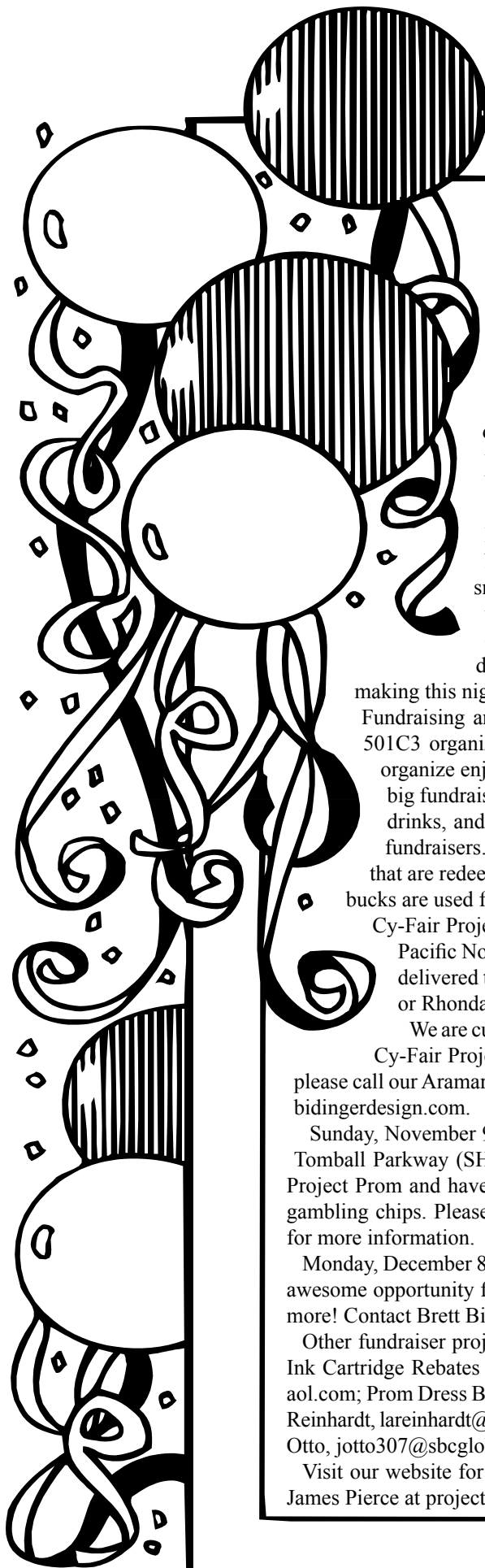


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Cy-Fair High School **PROJECT PROM 2009**

What exactly is Cy Fair Project Prom? It's a year-long fundraising effort by senior parents of Cy Fair High School for the purpose of providing a fun, drug- and alcohol-free overnight parent chaperoned lock-in event for our seniors and their dates after the Prom. The evening is available to all seniors regardless of whether they attend Prom or not. Cy Fair's Prom is Friday, May 1, 2009. Project Prom will be held after at the Sam Houston Race Park from 11pm to 6 am.

Our next meeting is Monday, October 20, 2008, at 7:00 p.m. in the Cy-Fair H.S. cafeteria. Take this opportunity to be involved in your senior's BIG NIGHT. There are many ways parents can help, and no job or donation is too small. A list of fundraising chair positions is still available. You can sign up at the meeting or by contacting our president, James Pierce. Even if you cannot commit the time to be on a committee, your participation in the fundraisers, donations, and the "Busy Parent" fundraising program is just as important to

making this night a success.

Fundraising and donations are vital to the success of Project Prom. We are a non-profit 501C3 organization, a booster club, and begin our venture with little money. We try to organize enjoyable ways of raising the funds. We have some small fundraisers and some big fundraisers. Funds are used to cover the cost of venue rental, entertainment, food and drinks, and prizes. One of the most important actions you can take is to help with the fundraisers. In return for your donations and participation, your senior will earn points that are redeemed for play money, also known as Project Prom Bucks (PPS). Project Prom bucks are used for chances to win prizes during Project Prom.

Cy-Fair Project Prom is currently selling Christmas wreaths and greenery, fresh from the Pacific Northwest. We will be taking orders through the end of October and they will be delivered the first week after Thanksgiving. Please call Lisa Reinhardt at 281-970-2901 or Rhonda Wesley, 281-955-0493 for more information.

We are currently looking for volunteers to help in concession stands at the Texan games.

Cy-Fair Project Prom receives a percentage of our sales. You must be trained though, so please call our Aramark Concessions chairman, Brett Biding at 281-304-8888 or by email, brett@bidingdesign.com.

Sunday, November 9, 2008 is CASINO NIGHT from 5-9 pm held at Parkway Chevrolet, 25500 Tomball Parkway (SH 249), Tomball, Texas. This is a great opportunity for all adults to support Project Prom and have fun winning prizes, too. Tickets are \$25 each and will include dinner and gambling chips. Please call Robert Thornton at 281-807-1816 or Kay McGlamory, 281-955-2107 for more information.

Monday, December 8, 2009 is our Golf Tournament at Houston National Golf Club. This will be an awesome opportunity for your business to sponsor a hole. We will have a silent auction, prizes and more! Contact Brett Biding at 281-304-8888 for more information.

Other fundraiser projects are: Casseroles -to-Go, contact Cookie Walker at wmw2319@aol.com; Ink Cartridge Rebates – Sophie Buxton, sbuxton@bjservices.com or Kathy Kleppel, katkleppel@aol.com; Prom Dress Boutique – Colleen Armstrong blazeball@msn.com; Spring Mulch Sales– Lisa Reinhardt, lareinhardt@sbcglobal.net or Rhonda Wesley, rpwesley@yahoo.com; Lollipop Sales–Joyce Otto, jotto307@sbcglobal.net.

Visit our website for more information at www.CyFairProjectProm.org or contact our President, James Pierce at projectprompres09@gmail.com.

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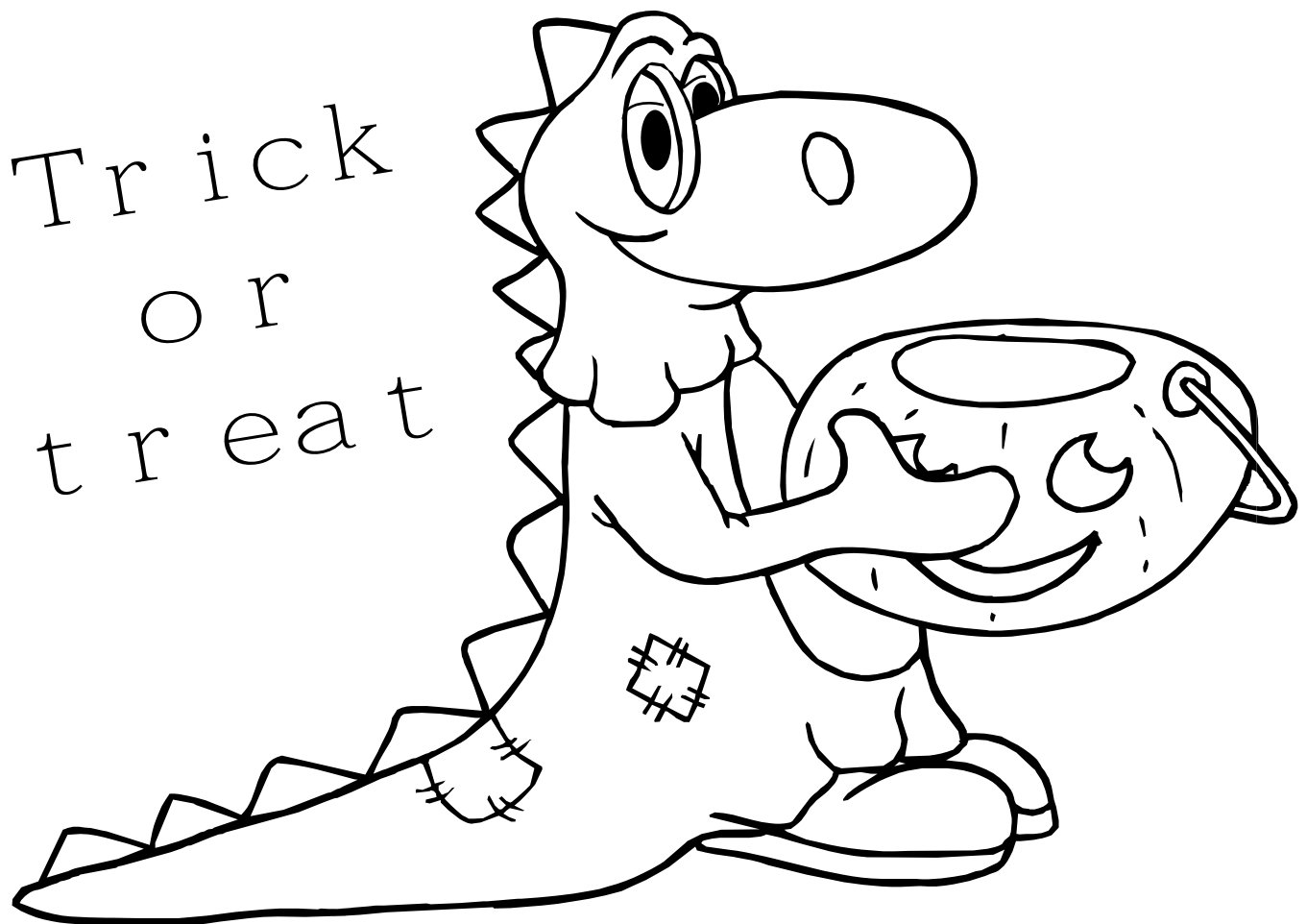
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